

VOLUME 3 ISSUE 3

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# Turn round

## LETTER FROM THE EDITOR

I've been dreading this issue for a while now and I'm afraid to say the TurnAround will be going a bit quiet for a while as I'm leaving. Maybe for a while. Maybe for ever. I don't know yet. My other co-editor is writing up now and that's kinda important. Either way, during the hiatus TNS will keep you informed on the sport in this province and we'll keep posting race previews and race results. Even from away I'll be able to edit the TurnAround, but I won't be able to write race reports so well, so keep them coming to [communications@trins.ca](mailto:communications@trins.ca) and we'll keep on getting them out to the membership.

In the meantime, I have an issue to get out. This issue contains a shed-load of random thoughts on triathlon, and triathlon in Nova Scotia in particular, that have come to me over the years and I've never been able to develop into a full article, including a "What I've Learned" self-interview on the back page with huge apologies to Esquire magazine (where I got the idea). It gives my unique outlook on training and racing, but I would describe myself as an old-school, retro-grouch roadie (put it this way, I really want that chrome-lugged Kona Kapu in Cyclesmith; not a fibre of carbon to be seen and 64 spokes!), so why don't you do one of your own and give us your own perspective on life, the universe and transition? Finally, let's get back on track and we also have a race report from the first race rendezvous for some of the 2008 season, the 25 km Moose run.

Finally, many thanks for your indulgences during my stint as editor....

Sincerely

Andrew

Co-Editor—The TurnAround



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## ARGH - IT'S THE FIRST RIDE OF THE SEASON!

This happens every year, but the first ride outside of the season always takes me by surprise.

The first thing I always notice is how inherently unstable a bike is. This almost immediately raises questions over the sanity of doing 50 kph on two skinny wheels only wearing two layers of underwear. After twenty minutes of riding like you've got training wheels on, you get over it and start leaning it over and all the rest, but there you are.

The second thing I notice happens regardless of how much time I spend on the trainer. I might be religiously following a prescribed programme of volume and intensity like a demented rodent on it's wheel, or it might be more *ad hoc*, jumping on for a spin a couple of times a week, just enough to justify continuing to shave my legs. Terrain! No matter what training I've done over the winter it's always a case of "what the #\$\$&@" the first time a hill looms or you round a corner

straight into a block headwind. Makes you wonder how you'd fare without any hamster time. Maybe that's why the bike-commuter-racers do so well.

Finally, load your pockets appropriately again. In goes an inner tube, levers, allen key, a couple of gels and a fiver. Out goes the remote control!



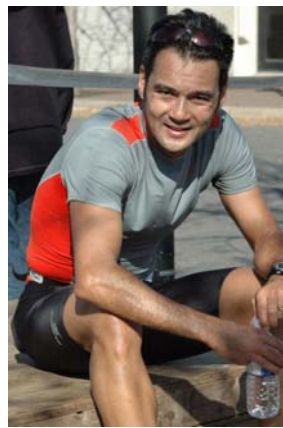
# Turn round

## FIFTY T-SHIRTS LATER...

Past president, multiple Ironman finisher and age-group World's qualifier Ian Burton, took me to my first TNS event, the 2002 Bikes Plus now defunct Hammerman Duathlon. I remember seeing TC Duathlete of the year Brian Barkhouse in TZ telling his mates his elite card was in the post and wondering "Elites? What have I got myself into". Funny how things change, seeing as at the last Cyclesmith Du David Gilham spent half the bike looking over his shoulder for me, or so he says.

I've had some good racing here and I've had my share of success. I was lucky to be racing Sprints when Jacob, Parker, Mac and Taylor were restricted to KOS and walked off with a couple of victories, although Taylor and I clashed memorably in Yarmouth one year. I started running in the winter of 2003 to keep my fitness levels up during the interminable winter and ended up again with a modicum of success, including a high placing in the 2005 Bluenose Marathon, you remember, the one with the really high wind and rain and cold; truly a marathon for the ages which carries some serious bragging rights (I hope!). My favourite victory was the 2006 Valley Harvest Marathon. It came two years and twenty-one starts after my previous win. These starts hadn't been completely barren; I'd picked up no less than seven seconds but was rapidly becoming the eternal bridesmaid. Also I hadn't gone out for the win, which made it doubly gratifying. Funnily its hard to find the words to describe my feelings running that last mile through Kentville; it was the culmination of a lot of training, a lot of racing, a lot of kickings and a lot of disappointments, not to mention a lot of effort and a lot of

pain, both on the day and the years leading up to it. It was all worth it for those five minutes running through the applause and cheers. It is said the ancient Greeks thought the luckiest men died at the moment of their greatest success and I can see why. I'm glad to be still alive but it saddens me that I'll never quite feel that way again!



Looking somewhat bemused at the 06 Valley Harvest finish. This is the only photo I have of this event, if anyone has another one...

Strangely, my last race here was a fairly low-key affair, flattening out of Cyclesmith's last cyclocross race with a couple of laps to go. It was my eighth x-race and one puncture in eighty-plus off-road kilometers ridden in anger with a certain reckless abandon for life, limb or rims is an acceptable ratio.

TNS is also an equal opportunity pain-distributor and my whole family have raced in TNS events, adult and KOS, and everyone's had a ball, even if my wife was once called up to the podium as "the other Dacanay". We've made a family affair out of several races, with everyone having a stab at something at Bridgetown, Shubie or the Bluenose

(below, one of my favourite photos where we all have medals from Bluenose 2006).



The whole family gonged up at the 2006 Bluenose; full, half and kids

I've also enjoyed relaunching, editing and writing for the Turn-around for the last three years, as well as writing race-reports for the Halifax Triathlon Club newsletter before that. Even though I write all day, the TurnAround has given me an opportunity to exercise some creativity instead of conforming as usual to narrow professional standards.

Triathlon has taken me all over the province, first as an athlete and then as an official. Funnily, my view of provincial geography is entirely shaped by races. Even when traveling around Nova Scotia for work I think in terms of TNS events. The halibut farm in Clarks Harbour is "on the way to the Yarmouth Tri", "that Timmies has the last clean bathrooms this side of the blah-blah tri" or on catching a glimpse of rural road from the highway "I nearly blew up/put in an ill-advised move on the leaders there". Going to Truro the other week I got lost straight off Junction 14, as usual. I realized it's because it's the one of the only major NS towns I haven't raced in (the old Tulip event if

you're wondering) and, consequently I always get lost because I don't have that street-by-street knowledge that comes from having raced there and eyed various locations as strategic places to throw up.

I believe that triathlon in Nova Scotia is unique. Go on-line to a buy tri-gear and you will be directed to *swim-bike-run.com* this or *trihat.org* that. These specialist triathlon shops are symbolic of the divorced relationship that many triathletes elsewhere have with their parental disciplines. This "separate development", this *apartheid*, if you will, means that elsewhere triathletes are viewed with suspicion, at best, by our monoathletic cousins, and outright hostility at worse. This is not the case in Nova Scotia. Here our sport is supported out of the bike and running shops, indeed they are among our largest supporters. Nova Scotia roadies don't hate triathletes; hell women who would self-identify as triathletes have held the Provincial ladies road crown for three of the last four years and there's never been blow-back from that. I've never experienced an elbow to the ribs or a stick in the spokes at any bike-races (apart from the self-inflicted ones) and I don't believe any of the other triathletes who indulge have either. We also form a large part of the local running scene, just witness Rum Runners, and we are welcomed by them, not regarded as some weird mutation who always runs on the front, never talks and never hangs around for the post-run coffee because they have to go for a two-hour ride now to get the day's miles in. You can't move at Masters swimming for us. Now of course there is some truth in these anti-triathlete rants, those shorty shorts and tank-tops on training rides (on men) for

instance and don't mention blinkered, tri-bar-centric riding styles but as a rule those don't seem to be problems here and I encourage you to continue to maintain the happy state of these relationships.

Triathlon is also unique in that our officials are also active racers. This leads to an interesting dy-



Soaking up the sun at the '07 Bridgetown Tri

namic. One week Tracy would be my TD, the next Linda would be. Two weeks later I'm the RD, Tracy's the TD and Linda's staffing the turn, then a month later we're all athletes in the same race and Jason's in charge. So unlike other sports, where the officials are quite literally a breed apart, TNS officials have very cordial relationships with their athletes. After all, next week the TD will be back in a wetsuit with a number inked on their arm. There's none of this "*who's the wanker in the black*" mentality you'd get in European soccer. We don't need security to escort us in and out of race venues but in a way, wouldn't that be the ultimate race-day bling? Sod the Team Canada race-suit with your name on the arse, the \$200 aero-helmet, the \$300 Garmin, the \$7000 bespoke carbon Guru, how's about a

couple of ex-SAS blokes in shades with curly wires sticking out of their ears shoving people out of your way to the start-line, Lance Armstrong style? It's also been my pleasure to work with many great people in TNS; officials, race-organizers and the board/executive. These are all committed, experienced people who have helped run the sport in this province for years. I have learnt, and continue to learn, a lot from these people.

I would like to thank all the people who've made my stay in triathlon here as pleasant as it's been; the club-members, the officials, the race-directors, the store-owners, my training partners. You guys have an awesome organisation here and it's been an honour to be part of it for a while.

And yes, when I was packing there were at least 50 race-day T-shirts; all combinations of short-sleeved, long sleeved, technical and cotton, and taking in all colours from white to black with detours to lurid oranges, greens and yellows on the way. Groovy baby.



# Turn round

## 2008 MOOSE RUN

I was unable to race the 16<sup>th</sup> Moose Run on Easter Sunday (March 23<sup>rd</sup> if you're still chocolate-doped). Initially faced with a bit of a quandary of what to do on race-day, there was really only ever one answer. So I stuffed a camera in a back pocket, hopped on my new/old Bianchi and rode out to the start at the Buffalo Lodge on Cow Bay Road to support my friends, give misleading time-checks to my enemies and generally enjoy the race-day atmosphere without any of that vomit-inducing acidosis.



The eponymous beast

There were at least 11 triathletes on the line, some 15% of the 75-strong Moose field, Easter Sunday probably contributing to a slight decrease on last year's numbers. It was only the second Run Nova Scotia event of the year, so the club-house had a first-day-of-school feel as athletes came across people they only meet on race day and likely haven't seen since late last autumn. The dilemma, other than how many layers should I wear, was catch-up or warm-up?



Jason Murphy, Warren Haire and Kurt Stevenson (L-R) all smiles before the start.



Brrr, it's cold! Can we start already?

All too quickly the *craic* had to come to an end as the runners were called to the line and the 25 km out-and-back to Trailer Park Boys Sunnyvale trailer park was off. Rami Bardessey, ten seconds off the course-record last year (it stands at 1:26:55) was straight off the front, professing not to care about the CR and only caring about getting in a solid marathon-pace run. He took the field apart, 30" up at 2K, a couple of minutes at 13K and romped home, alone, in 1:29:10, seven minutes, or a couple of kilometers ahead of Ray Morehead and first lady Denise Robson (1:36:18).



Steve Abbot

Most people treat the Moose like Rami and aim to get in a solid marathon-paced run, it's just that for most people the words "three-and-a-half-minute-kilometer" and "marathon paced run" aren't in the same sentence, unless it's "I went for a marathon pace run with Rami but he said four-minute kms put him significantly slower than his target pace" which unfortunately has been part of

my lexicon. Remember, to be frank, the Moose can be a bit of an extreme event; constantly grinding up and down there's barely any flat, there's usually a wind which changes direction along the way to the turn and precipitation is far from unknown, it may even be the norm. This year was no exception. The wind changed regularly every four miles or so from tail/cross wind to head/cross wind and back again. It began and finished under blue skies but flurries blew in for most of the event. If you can hit your target pace here under these conditions, you can hit it at Boston, Ottawa or even Bluenose!



Stacy Juckett, 2nd lady, sucks back some water without missing a stride

Being a low-key event, official times weren't posted (but the Run Nova Scotia van was there complete with Mark Stein *ad libbing* to Eye Of The Tiger for two and a half hours) but we can give you a sense of how people made out. The first triathlete back was Kurt Stevenson with a one-forty-something, dinging his target pace and looking smooth, relaxed and in control all the way around. I missed the best photo of the day, the shortest guy in the field tucked in behind Kurt, the tallest, drafting him! Warren Haire ran with Halifax Running Club's 3:15ish marathon group most of the way around and we think he also cracked top ten. Stacy Juckett-Chestnutt started conservatively but slid effortlessly through the field and girdled several male runners, to finish second lady in around two hours. Jason Murphy, out for his first test this



year, also dinged the two hour mark. Stephen Abbot, Brigitte Sabourin, Kari-Ellen Graham, Tobi Barter, Elizabeth Corkum, Louis Dionne, Ron MacDougal, Emily Huner and Brenda Topliss also made it in on a four hour (or better) pace. About half of the triathletes were thinking about Ironman, five months or so from here, whereas others, like Elizabeth Corkum, were staring down the barrel of the Boston gun (three weeks and counting). We can't help but think that the conditions were a breeze for Brenda, who's run a marathon in Antarctica remember, and we reckon she's running out of extreme environments to conquer! Maybe Mark Campbell can help?

people on was way more fun than doing it the "traditional" way. I like to think the runners liked it too, the Cow Bay Road in a snow-squall can be a lonely place to be. You know, it's not just officials we're short of, it's also spectators!



Elizabeth Corkum, Kari-Ellen Graham and Tobi Barter (L-R) glad to be finished

Not running was painful. I'm sure I could have shuffled around with the laughing group but I don't think that would have been satisfactory! I've done the Moose religiously for the last four years as the first big test of my season. After all, the Moose won't necessarily tell you you're on track for that spring marathon but it will tell you if you're not. It's also a race I've done well at; 6th, 3rd, 7th and 3rd last year and an average time of 1:38:30. I consoled myself that I would bow out of the Moose in style; last year was the closest I'd ever come to a perfect race. I was one of the drivers in the second group on the road, shedding them one by one, including an audacious, make-or-break move with five miles to go that dropped my remaining two companions, including a training partner who still calls it "a gutsy, confident move". Perfect fitness, perfect tactics. Besides, rolling around the course on two wheels and cheering



Ron MacDougal (T), Kurt Stevenson (M) and Jim Thain (B) on the course



IM finisher Brigitte Sabourin enjoys an ice-cold one en route



Another view of the start



This windmill was spinning dementedly for most of the race (if you want to see what happens when one goes wrong search for 'exploding windmill' on YouTube.)



### COMING EVENTS

## WHAT I'VE LEARNED

### Words of Wisdom or Ramblings of a Lunatic? Andrew interviews himself!

**Miles count.** No matter what the literature says about short, sharp workouts, in my experience if you don't have the miles base, you ain't going nowhere. Fast!

**It's an endurance race.** Let your training reflect that.

**There's no shame in doing Sprints.** Athletically, doing a sprint is just as valuable as doing anything else and don't let Ironman snobs, they are out there (even in NS), tell you otherwise.

**Triathlon is a great leveler.** No-one's good at everything so everyone has something to learn.

**Ride like there's no run.** You're good at what you're good at, so go hell for leather at "your" discipline then hold on to limit your losses on the others. It works.

**Go for it on race day.** You do twelve hour training weeks in December and get up on Sunday earlier than you do for work to do something insane, an imperial century, a twenty mile run. Both. But you only race five times a year. You owe it to yourself to go for it every time you pin on a number.

**There's no such thing as a 'B' race.** Once you've got that number on it's an 'A' race.

**There's no better race training than racing.** I can't replicate race intensity on my own so I race in blocks leading up to a key event. We're not pros and the distances we do aren't insane, so there's no reason not to race on a weekly basis.

**Always expect the worse** when organizing or officiating a race. If there's a section where you think "*that'll never happen because they'd be mental to do that*" make sure you've "*something mental*" covered because someone will try and prove you wrong.

**Always say thank-you to the marshals and volunteers.** Standing still in the rain for three hours they're the only people on the course having a worse day than you!

**You never turn it off.** Officials never stop. You'll be racing, for once, be half way around, notice something and make a note to tell the RD or maybe even stop and fix it.

**Really, you never turn it off.** I find myself writing the race report for the TurnAround in my head on the way back from the turn!

**The triathlon community is incredibly supportive** of performance. Athletes far better than me, and to whom I look up to, have been genuinely pleased to see me do well.

**Winning is not everything** and you probably shouldn't plan for it, but when it happens it tastes so sweet.

**The best prize I ever got** was a framed picture of me crossing the finish line and it was here in Nova Scotia (thanks Colleen!).

**The worst prize I ever got** was coming second in a large local race (not a TNS event) and getting nothing!

**I've not nothing to prove by taking huge risks on the bike**, especially in traffic. Been there, done that, got the T-shirt and the titanium screws! I've got an old man's view of risk!

- **June 1st: Navy Tridents.** Season opener and only pool swim in Nova Scotia.
- **June 8th: Cyclesmith Duathlon.** One of the oldest races on the calendar
- **June 15th: Du-It like Bryan.** Off-road duathlon. Tons o' mud, tons o' fun,
- **June 22nd. Heart Of The Highlands.** A race with some of the best scenery in the world!
- **July 20th Port Hood.** It's Cape Breton flat!
- **August 3rd. Bridgetown.** All distances for all ages!
- **August 11th. Yarmouth YMCA Triathlon.** Either this one is the longest-running tri in Nova Scotia ...
- **August 18th. Pictou YMCA Challenge Triathlon...**or this one is!
- **August 24th. Guysborough County Triathlon.** New name, new management, same great course.
- **October 19th. Riverport Duathlon.** Last chance to break out the tri-bars for the year.

More details at our [website](#) or at [Atlantic Chip](#). See course previews and reports in back-copies of the TurnAround.

You can pay your 2008 membership at Atlantic Chip too.

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