

ON TRACK WITH YOUR IPOD

Now that we're all used to our snazzy MP3 players, the technology is about to get more interesting. Nike and Apple have developed a shoe in the Nike Plus range that can accept a sensor to communicate with your iPod Nano. The iPod display gives you feedback on your time, distance, pace and calories burned. As you would hope, it can also play your favourite tunes! To make your Nike Plus shoes talk to your iPod, you need the Nike+iPod Sport Kit (RRP \$49), available in the Apple Store at www.apple.com.au and at Apple-authorized resellers.



eventREPORT

T3 Events Headsweats 'Just Tri It' Novice Triathlon 2006

By Michelle Drielsma

It's a good feeling to say you have completed a triathlon, or even to say you are just training for one. From recent experience, competing feels quite surreal and the idea of it feels way beyond the scope of your own level of fitness.

When most people think of triathlons, they think of elite ironman triathletes who may be swimming, biking and running for hours in the heat and humidity of some exotic place like Hawaii. Few people realise that the sport consists mostly of amateur athletes, many of whom race with the goal of simply finishing the race, rather than competing for a prize.

T3 Events, a newly formed organisation directed by Brett James and Kerry Stubbs, hosted the Inaugural Scody's Australian Triathlon Club Teams Championships on 20 and 21 May. For the novice athlete, the Headsweats 'Just Try It' Novice Triathlon - with 300m swim, 10k cycle and 3k run legs - proved to be a wonderful way to introduce new participants to the sport. It was a very accessible event, even for those people who are short of time to devote to training.

The novice event took place in the enclosed course of Sydney International Regatta Centre, Penrith, NSW. Around 40 per cent of the participants had never competed in a triathlon before. The atmosphere was delightfully laid back, friendly and it was motivating to see bright-eyed fellow athletes up so early on a Sunday morning.

The great thing about novice events is that no matter how unprepared or how displaced you may feel, the majority of participants feel exactly the same way. Arriving at 6.20am with my beanie and ugh boots, not having the slightest idea where to rack my bike, register, put my shoes and helmet, or even where the race track started and ended, didn't seem to be a problem, since everyone else seemed to be having the same troubles!

A run-down of the individual legs of the race seemed to clear up most uncertainties and, before long, it was time to jump into the Olympic lake. Being a newcomer to the sport, the commentating throughout the race was probably one of the strangest things, along with the unsteady transition from cycling to running. During the cycle leg, most of the blood flow has been circulating around your upper legs. First-time triathletes are often astonished at the bizarre sensation in their thighs after the change-over and discover that they run at a much slower pace than they are accustomed to in training. To sum up the morning, the event was challenging, professionally organised and definitely one I will return to in the future.

May 2007 will see the return of the T3 weekend event series. For anyone who has ever wished to complete a triathlon, Headsweats 'Just Tri It' Novice Triathlon is well worth looking into. The distance is achievable for people of a range of fitness levels and the race is open to anyone of good health who wants to get active...and feel on top of the world! For further details, visit www.t3events.com.au.



Women wait for the starting gun before the Headsweats 'Just Tri It' Novice Triathlon



WEIGHTED SKIPPING ROPES FOR A NEW TWIST ON FITNESS

Ropesport, a new group fitness class, is about to arrive in Australia. Developed in America, Ropesport is a skipping class utilising a rope with handles that you can add weights to. There are many levels of expertise to be attained, but if you've ever tried to skip for more than two minutes, you'll know it's a great workout! Ropesport has the backing of instructional DVDs for home workouts and will soon offer certification standards for personal trainers and gym instructors. For more details, visit www.ropesport.com.au or call (02) 9571 7172.

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