

# CHALLENGERS' CHATTER

JULY 2014

## MONTREAL ... HERE WE COME!

### Noosa's "Magnificent Seven"

Rear : Jacky Shields, Bob Morse, Ian Tucker

Front:: Robyn Selby, Adele Tucker, Bardie Gruber, Jan Croft

"The Magnificent Seven" have jetted out for the swims of their lives, joining a massive 8,500 competitors who have nominated for the XVI World Masters Swimming Championships being held in Montreal, Canada, 3-10 August.

Robyn Selby's rise to fame is nothing short of amazing., "You're only as good as your equipment," quipped Robyn, who imported a 'fast suit' for her preparation. With pressure at an all time high preceding her attempt to meet the qualifying time for her favourite 50 metre freestyle event and the support of her fellow Noosa Masters mates, she didn't disappoint at our own carnival on 17 May - success!

Robyn didn't rest on her laurels. Full of motivation, she has trained under coach Jan's ever-watchful eye, slicing 2 seconds off her PB at the Brisbane Southside meet on 12 July. Robyn has co-opted her own personal Canadian guide, Pierre, for her arrival at Montreal ... could he be her secret weapon!?

The Magnificent Seven will be joined in Canada by Eulah Varty who will be travelling from her home town on Vancouver Island. If Eulah is able to reproduce her "Rockhampton" form, she'll be in for one hell of a campaign.

Bardie Gruber may be a dark horse in the 3 kilometre Open Water Swim to be contested in a converted rowing course. Bardie's lead up with excellent O.W. swims at Noosa, Rockhampton and Byron Bay indicate she should be up there with the lead pack.

Jacky Shield's memories of the last World's in Riccione, Italy in 2012 are still vivid in her mind and she is pumped to aim for a couple of PBs.

Adele Tucker's foray into international competition has been rapid. Her consistency has been obvious from the many carnivals that she has competed in during the past 12 months. Don't be surprised by Adele's success in her backstroke events.

Jan Croft, having swum in the World Masters Championships in 1988, showed the world her class again in 2008 where, in Perth, she medalled in 4 events, capturing Gold in the 3 kilometre



OWS, narrowly beating the favourite after eyeballing her for almost the entire distance. Don't be surprised if Jan has excess baggage on her return home via New York.

Back in May, Ian Tucker looked like being a late withdrawal as a competitor from the Montreal Games after contracting cellulitis, a nasty bug that attacks the skin and soft tissues underneath. After an amazing recovery, Ian contested the Brisbane Southside meet 3 weeks ago, recording PBs in all five swims, dispelling any fears that he is not ready for Montreal.

Bob Morse's introduction into swimming at elite level for Masters started at Perth (2008), competing in Gothenburg, Sweden (2010) and Riccione, Italy (2012). Bob was part of the Noosa Relay team (mixed 4 x 50 metre freestyle, 240-279 years) with Pat Mooney, Dyanna Benny and Jan Croft which established an Australian record. Bob must be buoyed for Montreal, only weeks ago breaking State Records at Chandler for 100 and 200 metres backstroke (65-69 years)

Preparation in and out of the pool could not have been more thorough!

Last Sunday, at the last of many farewells, Brian Hoepper reminded the Magnificent Seven of their "more farewells than Dame Nellie Melba!"

Good luck in Montreal ..... Go, Noosa!!

...Tony Frost



# BOHEMIAN BUNGALOW BASH ...

Eumundi - Sunday, July 20

On a cool but sunny Sunday afternoon, serenaded by the bluegrass band "The Barley Shakes", about 39 members and partners enjoyed a lazy, 'long lunch' in the charming, quirky atmosphere of the Bohemian Bungalow at Eumundi. Instead of the usual "Christmas in July" event, this mid-year get-together provided the perfect opportunity to say 'bon voyage and best of luck' to seven of our club's courageous swimmers, just prior to their departure for Montreal to compete in the FINA World Masters Games commencing on 27 July!





# BOHEMIAN BUNGALOW BASH ...

cont'd ...

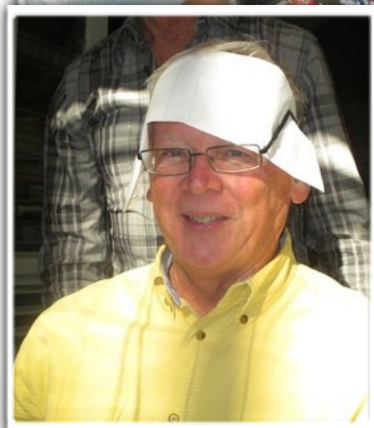
During the afternoon's festivities, Brian Hoepper gave a short humorous speech on the Club's behalf to farewell those lucky members - Jan Croft, Bardie Gruber, Jacky Shields, Adele Tucker, Robyn Selby, Bob Morse and Ian Tucker - and to wish them and Eula Varty (in absentia) every success in their chosen events.

Hopefully, we will hear the 'clink' of medals on their return, as well as some stories of their exciting experiences. But, as we all know ... what happens on tour, stays on tour !!! All competitors and their partners intend to make a holiday of it by travelling on to various destinations after the competition - so we anticipate receiving some exciting emails -

"Postcards from .... exotic destinations" - during the coming weeks.

Tasty food, lively music, good wine and enjoyable company - a very pleasant way to spend a Sunday afternoon.

... Carola Henderson



# MISQ 2014 CALENDAR

Date	30	Club	Code	Region	Sanction	Venue
<b>AUG</b>						
9	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
23	SC	Brisbane Northside	QBN	Sunshine	20/14	The Valley Pool
<b>SEP</b>						
13	SC	Toowoomba Tadpoles	QYW	South	21/14	Glennie Pool, Toowoomba
<b>OCT</b>						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11-18		Alice Springs Masters Games				Alice Springs
<b>NOV</b>						
11-18	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6-8	LC	Pan Pacific Masters Games			25/14	Gold Coast Aquatic Centre
9	OWS	Pan Pacific Masters Games			26/14	TBA
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OWS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay



Tom & Marlene Robson - regular visitors to Noosa and our club, hail from Glasgow, so they are soaking up that brilliant Commonwealth Games experience in their " Glasgow " shirts before returning to their home in Vichy, France.

## COACH'S CORNER ... BY JAN CROFT



### *The Catch in Freestyle*

Basically a great freestyle stroke is one where

1. You reach out in front of your shoulder as if you're reaching it the end of the pool you are swimming towards.
2. You keep your fingers and hand soft but you're wrist strong to allow you to feel the water as you enter it
3. You catch early to ensure a long stroke is possible
4. You pull straight through..Your hand maintains a straight path from entry to exit
5. Recover with relaxation and control.

*Happy swimming.*

*Cheers, Jan*



# MORETON MEET ...

## Moreton Region Masters Swim Meet

Noosa Masters returned in triumph from the recent swim meet – the Moreton Regional Meet at Redcliffe on Sunday 15<sup>th</sup> June.

In the 'champion club' contest, Noosa won convincingly, with 645 points, ahead of the host club Redcliffe (519), Southside (401), Twin Towns (360), Miami (320), Northside (314), Aqualicious (281) and Sunshine Coast (210).

Congratulations to the team of thirteen, who all swam their hearts out <sup>(1)</sup> ...

Dyanna Benny, Jan Croft, Anne Gripper, Bardie Gruber, Lois Hill, Brian Hoeppe, Wendy Ivanusec, Studley Martin, Bob Morse, Jackie Shields, Adele Tucker, Ian Tucker and Bruce Warren

*Well done everyone - the coffee + goodies post meet at the Rustic Olive was well deserved !*

*... Brian Hoeppe*







Who do you think they are ??

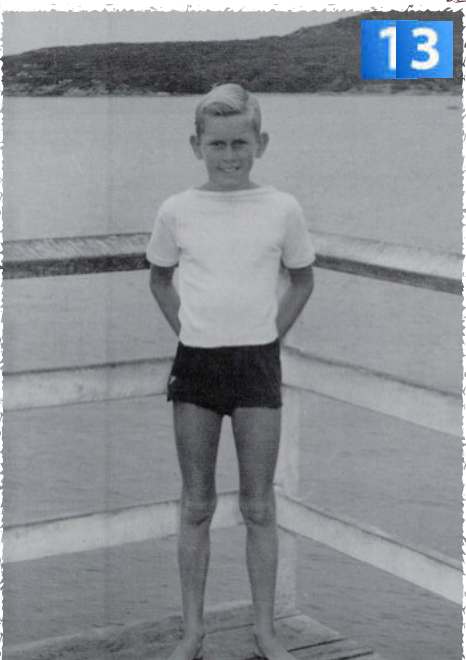
Some people change from childhood to adult much more than others. These are early childhood photos of some of our members. See if you can guess who each one is. Can't wait until next month for the answers? Go to page ...

Many thanks to all those members who submitted photos





Where did you start??



# ROB JOLLY WRITES...

... de notre ami Jolly Robert

Everything fine with me here in Paris. I did well in the British Championships...3 Silver and 2 Bronze and in the French 2 Silver, so well pleased with that. Having a bit of a break from swimming as I have a cold and just need a bit of a rest after a full on season competing there and here.

Not sure if you are aware but there have been some riots in Paris with mainly Arabic and Moslems protesting about the Israelis bombing the Gaza Strip. They have been trying to attack Synagogues and Jewish businesses so it took full-on riot police and tear gas to stop it. I was caught in some of it on the weekend while in Strasburg-St Dennis a dodgy area near Montmartre and narrowly missed being hit by rocks thrown by the protesters.

I came here on a half full Malaysian Airlines Airbus A380 and was thinking of returning the same way but it looks as if MAS might be in big trouble after the recent crash so I found a really cheap flight with British Airways from Paris to Singapore leaving Orly (not early) on the 8th Sept. I will have a couple of weeks stopover in Burma and then use low cost Air Asia to get to the Gold Coast.

I hope all is well with you,

... Cheers, Rob



Here's photo's of the medal presentation at the French Masters Championships.

I was second and the guy with me on 2 was third and the guy on 3 was fourth ... it's the French way!



## MICHELLE'S MEANDERINGS ...

Hello Family & Friends

December to January we spent on the Noosa River enjoying family & friends, Christmas festivities, the Lions Park on New Year's Eve – what a tremendous fireworks display & so many people enjoying the same.

Mid February to late April (10 weeks) we spent at The Boat Works Coomera. Our catamaran has 2 new engines & props installed, new rigging, core filled the keels & much needed overall maintenance.

What an experience living on one's boat in a boat yard!

I found the local pool at Coomera Civic Centre, so 3 times a week I had my 2hrs of keeping fit.

Late April we finally left Coomera, we met up with 2 lots of friends at Sovereign Island – one lot we had not seen for 2 years as they were circumnavigating Australia - plenty of celebrating for a few day and we did have a week of sailing around Moreton Bay after our friends left. 23<sup>rd</sup> May we motored (no wind) out of Noosa heading for Double Island Point overnight, The next week we spent in the Sandy Straits, cleaning our house, tidy up the shed,

gardening, visitors calling in, & provisioning the boat as my next grocery shop will be Airlie Beach. Finally under way by 6<sup>th</sup> June & spent our first night at Yankee Jack Creek/ Sheridan Flats (south of Kingfisher Bay).

Next morning 6am, incoming tide & we were off to Rooney Point (top of Fraser island) as an overnighter. Great sail across Platypus Bay, we were the only ones there, apart from a whale who hung around the boat. By 11 pm; 28+knots SW winds moved in, what a trying time. We had to get out as the waves were washing over the back steps & forcing water into the engine



# MICHELLE'S MEANDERINGS . . . CONT'D



compartment, the bilge pump constantly pumping. Not a good scenario. Pitch black, howling winds, big waves & I had trouble seeing arm directions to drive to where the anchor chain might be. For the next 15hrs we were pounded with wind & waves, water coming over the sides & into the cockpit. My herb garden which was under the table did not survive!

3:30pm next day we finally made it to Lady Musgrave Island. Plenty of boats anchored up here. For the next 2 days we stayed put, as we were exhausted. The day we left (7am) the winds & seas abated – marginally. We were now on our way to Great Keppel Island. By 1pm (passing Masthead Island) we were becalmed with engines on (one extreme to another)! Reached GKI by 11pm to light city!... so many boats - not good dropping anchor at this hour. We did have a restful night though.

Next morning I was out on deck – I did not know one boat name at anchor! 7am we are off again with 3 other boats for company Today's jaunt Island Head Creek – Shoalwater area – the 'captains' favourite crabbing/fishing spot, & with relief 4 days of not going anywhere!!

It was disturbing coming into the river – 2 yachts stranded on the beach. I do enjoy the walks along this beach as they stretch for couple kilometres. We did meet up with another couple here. They were going to the same places as ourselves so they decided to tag along. We did enjoy their company for the next week, sailed to Thirsty Sound. Next day Curlew Island, overnight stay, I actually met with another Noosa couple Rob & Sue (Spirited Away).

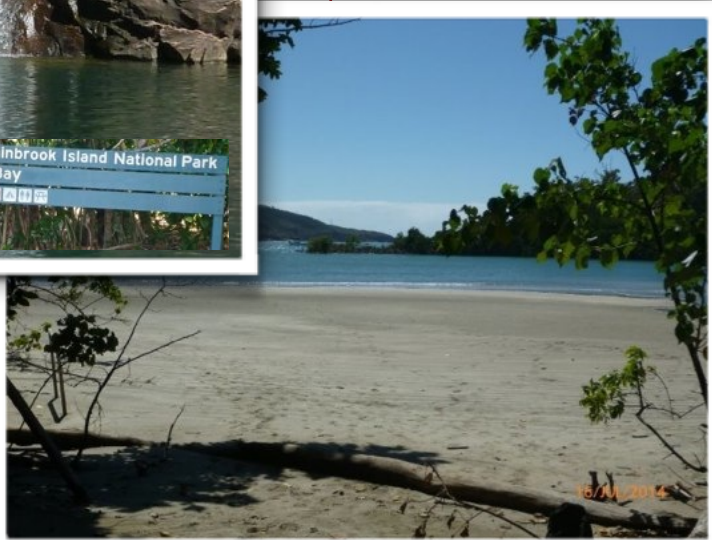
We said cheers to our friends here as they were going elsewhere. Made our way to Keswick Island (too windy to stay) so we sailed onto Brampton Island. Spent 4 days of walking, washing, & doing zip. Beautiful watching the sun going down, calm seas, no wind, then a whale comes out of the water behind their boat. What a sight!

Sunday was bright, 13 boats at anchor, calm clear water, our friends came over for scones & teas & to say farewells. We left that afternoon to Shaw Island, another 'captains favourite'. Cool the next morning, great sailing weather, behind us 6 boats all under full sail sailing up the Whitsunday Passage – what a sight, We were making for Shute Harbour overnight, fuel up next morning then head around to Airlie Beach for provisioning. It was mesmerising coming around into Airlie seeing a cruise liner sitting at anchor. We stayed 4 days.

The day we left Airlie 7am there was little wind, so we motor/sailed to Gloucester Island, half moon, calm seas, so I said to 'captain' how about we go to Cape Bowling Green its only 35Nm.

My turn on watch; my saying 'sail at night reef in tight', I was ok. Captain went to bed. Arrived Cape Bowling Green 10pm.

Well, Murphy's law hit again. Those 20+SW winds came in, no stopping, not a safe anchorage, The Captain is woken



by the boat being rolled & bashed about. We both stay up, too rough to sleep. It's 3:30am when we drop anchor at

Magnetic Island, light city again – so many boats. 22hrs Airlie to Magnetic ... we must be crazy to do these hours!!! We did get to bed after having a cuppa only to be woken at 8am by our friends, they couldn't wait to see us. We sailed with them for the next 10 days around Hinchinbrook Island.

Left our friends and spent 2 days at Dunk Island, no resort only a walking trail & kiosk, 2 days at Mission Beach, 2 days out on the reef fishing/snorkelling. Thursday 24 July. and we are sitting snug in the Johnstone River Innisfail after motoring up from Mourliyan Harbour this morning. Here for the next few days then off to Cairns for a week. I enjoy walking the boardwalk, go to pool for 'a fix of 2hrs swimming' & enjoy the sights of Cairns.

Mid August - Lizard Island, the furthest north this year. There are numerous reefs we like fishing/snorkelling/diving on along the way. We hope both wind & seas will be calm. Will keep you posted. Hope this finds you healthy, fit & smiling Cheers for now ...Shel





# BANANAS ...



A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on:

**Never, put your banana in the refrigerator!!!**

*This is interesting ...*

**After reading this, you'll never look at a banana in the same way again.**

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy.

**Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.**

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anaemia :** High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex) school ( England ) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips.. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralises over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a 'cooling' fruit

that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

**Smoking & Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. *When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around*

Maybe it's time to change that well-known phrase so that we say ... 'A banana a day keeps the doctor away!'



# BRISBANE SOUTHSIDE ...

by Ian Tucker



Noosa Masters swim club swimmers who competed at Chandler were : Jan Croft, Robyn Selby, Jacky Shields, Wendy Ivanusec, Rod Alfredson, Ian Mitchell, Bob Morse, Ian Robinson, Clinton Stanley, Ian Tucker, Bruce Warren & Adrian Wilson.

Good luck to our swimmers who are Montreal bound: Jan Croft, Bardie Gruber, Bob Morse, Robyn Selby, Jacky Shields, Adele Tucker & Ian Tucker.

## Noosa Masters swim hit out for World Championships

Brisbane Southside Masters Swim Club held their annual meet on Saturday, 12 July, at their home pool, Chandler Aquatic complex, where Australia dominated the swim events at the 1982 Commonwealth Games. Yeronga Park masters swimmer, Mark Stockwell, remembers Chandler well as this was where his swim career started, culminating in Olympic gold.

Noosa Masters swim club were represented by 12 members, several of whom this was their final competition hit out before flying out next week for the World Masters swim championships, being held in Montreal, Canada, 3-10 August. Preparing for Montreal were Ian Tucker, Robyn Selby, Bob Morse, Jacky Shields & Jan Croft.

Ian achieved personal best times in all contested 5 events, Robyn bettered her 50 metre freestyle time by more than two seconds, whilst Bob smashed two Queensland state records in 100 & 200 metre backstroke for 65-69 years age group, the 200 metres by over 7 seconds with a time of 3:05.00. "Hopefully peaking at the right time," chuffed Bob.

"With 8,500 swimmers nominated from most countries of the world, our Noosa seven will need to be on their mettle," commented Noosa swim coach, Jan Croft.



Southside medallists - L-R: Ian Robinson, Stephanie Jones, Jan Croft, Adrian Wilson, Bob Morse



## WHO ARE THEY ANSWERS

- |                   |                       |
|-------------------|-----------------------|
| 1. John Hordyk    | 7. Carola Henderson   |
| 2. Dee Mooney     | 8. Jacky Shields      |
| 3. Ian Mitchell   | 9. Jane Powell        |
| 4. Mark Powell    | 10. Mark Powell       |
| 5. Wendy Ivanusec | 11. Lynette Clemitson |
| 6. Ian Robinson   | 12. Helen Malar       |
| 7. Bob Morse      | 13. Tony Frost        |
| 8. Robyn Selby    | 14. Karen Martin      |



# LEGAL NUTRITIONAL SUPPLEMENTS FOR IMPROVING ENDURANCE PERFORMANCE

September 18th, 2010

Recent research has shown us that a number of **legal nutritional strategies enhance endurance**

**performance.** These include **training on low carbohydrates but racing on high carbs**; **carb loading before racing**; using **sports drinks**, gels or energy bars during racing; and using **caffeine and sodium bicarbonate** in events lasting between one and seven minutes. While many supplements are marketed to enhance endurance performance, the research evidence cast a shadow of them. See: <http://www.ausport.gov.au/ais/nutrition/supplements>

Masters athletes love PBs and competing hard and fair. We are always looking for an edge to beat our previous best times, our mates, or those 'enemies' we line up against. Sport science research over many years has shown us that the following nutritional strategies help boost our performance in endurance events:

**1. Train-Low-Compete High.** Recent research is highlighting that **endurance training in a carbohydrate-depleted state might improve our ability to use fat** as a fuel during racing as well as possibly improving or maintaining endurance performance when compared to training in a **carbohydrate loaded** state. British and Australian sport scientists trained young well-trained cyclists and triathletes for three weeks with one group doing typical endurance training going hard one day and easy the next and another group every second day doing the same training as group one but in one day with a day off in between training sessions. After three weeks of training, both groups improved their one-hour cycling performance equally by 10%. However, the carb-depleted group who trained twice in the one day every second day had better fat burning capacity as measured by an analysis of their muscle chemistry.

This might suggest they will do **better in long endurance events** where fat burning is a priority to preserve carb supplies in muscles.

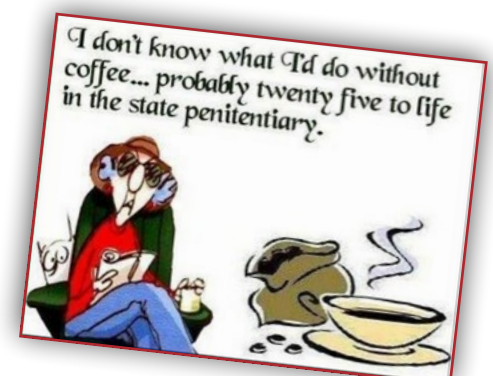
**2. Carbohydrate Loading Before Events.** It's long been known that the higher we can get our muscle and liver (a carb reservoir) stores, the **better our endurance performance.** This is crucial for not only swimmers, cyclists, runners, triathletes, and cross-country skiers, but team sport athletes, rowers, kayakers and canoeists who have to back-up for many events in a short-period. Thus, hitting the **high carbs the three days before a major event is crucial**, with or without the depletion period (high fat/protein) in the three days before the carb-loading days.

**3. Carbohydrate Drinks, Gels and Energy Bars During Events.** It's long been known taking carbs in during events can **enhance endurance performance lasting longer than one hour.** The longer the event, the more important it becomes because of the limited muscle, liver and blood stores we have of carbs. Recent research has even shown that in events about an hour long, even **rinsing the mouth** with sports drinks and not drinking it can help. So what type of carb (glucose, fructose, sucrose, galactose, maltose, maltodextrin, should be in the drinks, gels or bars? Glucose is used at about 1 gram per minute whereas fructose (fruit sugar) and galactose (dairy food sugar) are used at much **slower rates** because they have to be turned into glucose in the liver before then being transported to muscles as blood glucose. Maltose, sucrose and maltodextrin have rates similar to glucose. Recent research has shown that endurance cycling can improve significantly when the **types of carbs are mixed** in a drink or a gel with the **best combination** appearing to be glucose and fructose. Moreover, studies have shown that this combination also reduces gut upsets and increase fluid absorption as well – all good news for endurance athletes.

**4. Caffeine.** Research as consistently found that caffeine can enhance endurance performance – as long as it is taken in dosages of between **3-9 milligrams per kilogram of your body weight** (one No Doze tablet contains 100 mg of caffeine) and about 45-60 minutes before the event. The longer the event, the greater the effect. Recent Australian research has suggested that adding or **using caffeine with carbohydrate drinks** can also increase the uptake and use of carbohydrates (now I know why that coke at the bakery 60 km into a 110 km bike ride works!!). Especially in non-users, caffeine in high doses can lead to gut upsets, headaches, lack of sleep, and increased pulse rates. Recent research has also shown that taking in moderate amounts of caffeine before and during exercise **does not lead to increased urine loss.**

**5. Sodium Bicarbonate.** Sodium bicarbonate and sodium citrate are alkalis and thus buffer or reduce the effects of acids such as lactic acid that is produced in high levels during **events between 1 and 7 minutes** such as rowing, cycling pursuit events, and middle-distance run and swim events. Intakes of 200-300 mg per kilogram of body weight taken in the **1-2 hours before** an event and mixed with low energy (diet) cordial to remove the taste appear to benefit performance and not lead to gut upsets.

**The bottom line** – try these things for yourself. If it works, hold onto it. If it doesn't, go back to the drawing board. Check out: <http://www.ausport.gov.au/ais/nutrition/supplements>



# CYCLING IN THE LOIRE ...



Hello Everyone.

Commenced my trip in Blois with 11 others & our guide Mario. 1 other Aussie, 6 Canadians, 1 from USA, 2 from Wales & 1 from Scotland. Cycling was at a very leisurely pace. We set off at about 9.30am every morning.



We stopped at the Chateau du Clos Luce where Leonardo Da Vinci spent his last years. There is a display built by IBM from his engineering drawings done in 16th century. They say he was 500 years ahead of his time! Dinner at night was always at a local French restaurant & lasted many hours with good food, lots of wine, stories from everyone & a lot of laughter. Hope you are all swimming over winter.

Good luck to all going to Canada. ... Love Helen

Headed to the nearest street market & stocked up on lunch goodies fresh baguettes, local cheeses, pate & fruit. We always had a picnic lunch with a view. After a short siesta we were back on our bikes & looking for a beer/wine stop.

Mario our guide sourced out plenty of wineries & interesting pubs. All very French. He quickly learned of our priorities!

We did do some sightseeing along the way. The Chateau of Chenonceau is beautiful, built right on the river with lovely rose gardens.



USE Forest Free Office paper

<https://www.wilderness.org.au/sites/default/files/PDFS/Ethical%20Paper%20Guide.pdf>

Available applications on Facebook

Useful applications on Facebook



# Don't Forget

## Upcoming events

- [Alice Springs Masters Games - October 11-18. Alice Springs, NT. Entries close September 3.](#)
- [Pan Pacific Masters Games\(1/11/2014 - 9/11/2014\)](#)

## 2014 Postal Swims Calendar

Tuggeranong Trifecta

MSA Sanction Number: 03/14

**Date** 1 July to 31 August 2014

**Details** Swimmers need to complete three swims.

Each swim *must* be in a different stroke, and individual medley is allowed for 400m or 800m.

**Forms** [CLICK HERE](#) to view the event flyer and entry form

## Old Time Dancing

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour.

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious.

.If anyone is interested please ask them to see John Hordyk ...

Dance Dates [9 Aug \(Belli\)](#), [6 Sep \(Belli\)](#), [11 Oct \(Belli\)](#), [15 Nov \(Belli\)](#), [31 Dec \(Belli\)](#)

Mark Besford (Mob 0420 360 277) has returned from his sojourn in Tassie and from now until January is offering to housesit for anyone who needs their place cared for while they are away.

He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you.

## One Man's Trash is another man's treasure

When I need to dispose of something I usually list it for \$0.99c reserve on eBay (or list for a few dollars on Gumtree). It always sells which means someone pays me for the unwanted item, as well as taking it away which saves me disposal or tip fees and time and effort. We all win!

Note - Always describe items in as much detail as possible so buyers know exactly what they are paying

## Volunteers -

Please note these dates in your diaries

**The Noosa Triathlon Multi Sport Festival 2014 will be held from**

**Wednesday October 29th – Sunday 2nd November 2014**

A new study has found that women with large bums live longer than men who mention it.

## ... Montreal Swimmers hit the airwaves

Reporter Stephanie Smales popped into the NAC unannounced to interview some of our Noosa Masters swimmers bound for Montreal. Jan, Bardie and Ian Tucker all spoke of their exciting upcoming experience. On Monday evening's (28 July) Mark Colvin's ABC Radio PM show which was broadcast nationally, Mark introduced the segment, "while Australia's swimmers were basking in glory at Glasgow, a dedicated group of Masters swimmers from Noosa on the Sunshine Coast were doing their swim drills under coach, Jan Croft." Bardie Gruber said that she was a little apprehensive knowing that she would be swimming with 30 others in her age group in the 3km Open Water Swim, which could become a bit argy-bargy. Ian, after a long period of sitting behind a computer in the business world, took up swimming again 3 years ago after retiring to Noosa. Now 10 kilos lighter as a result and looking forward excitedly to the competition, expecting to be nervous during the first event. Jan was more direct, saying "I'm in it to win it !!",



# JULY CLUB BREAKFAST ...

July's Club Breakfast was made very special when an excited and happy Jana Clancy turned up with a beautifully decorated birthday cake to share with everyone and celebrate her 31st birthday !! The tables groaned under the weight of the delicious spread provided by Lane 0 and their partners who excelled themselves catering to all dietary requirements with hot and healthy foods ... and then there was Grant's naughty fairy bread which appealed to many, especially those now entering their *second* childhood !! And to top it off, the bottle of wine raffle was won by Jana !!

... Ed



A rose between two thorns

## Vegan Ice cream

### 2 Ingredient ice cream ~

- 2 frozen bananas
- 3/4 cup cold milk (coconut, almond, hemp, organic... your choice)

#### Method:

1. Have your bananas peeled & frozen to make this even easier!
2. Once frozen, add these to your blender or food processor, gradually add your milk of choice. You may not need a whole cup depending on the consistency you want to achieve.
3. Blend until just combined. Be careful not to over-blend.
4. Enjoy your healthy ice-cream or experiment and add some bonus goodies for a boost of flavour!

#### Extra Topping Ideas:

- Superfood Protein
- Nut butter (peanut, almond, coconut)
- Shredded coconut
- Chopped nuts
- Raw chocolate
- Sprinkle of cacao, cinnamon
- Honey to sweeten
- Vanilla



# ENDURANCE 1000

## JULY 2014 REPORT

7 months + 14 thousand points = WELL DONE!!

More 'Magic Masters' swimmers are turning up to push along our 2014 Endurance goal to win the National Trophy for the second consecutive year. This would also, again, give us the Queensland Trophy.

Welcome back to the throng Christine Edwards and Lynette Clemitson.

A special mention of Geoff Lander who, at 81, continues to power his way through the full Endurance Program as well as gaining top points. You'd think he could at least look puffed!

We are now entering the pointy half of the Endurance Year where we are requesting all active members to do some swims. Everyone who does a swim earns points even if you swim at a leisurely pace.

So come along. The atmosphere is supportive and it's much easier than squad training. TRULY!!

Endurance Sessions: Tue 7.30am – 9am.  
Sat 2.00pm start.

Thanks to all those involved.

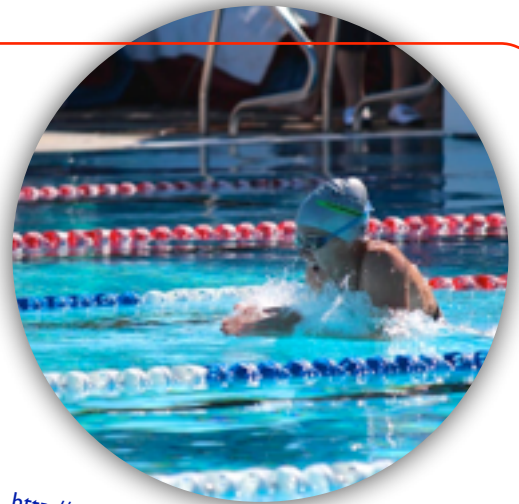
Keep swimming for fun, fitness and friendship

Mary Lester  
for:  
Marcia Kimm  
Endurance 1000 Program Co-ordinator

WATCH - This amazing Aussie WORLD RECORD by the women's 4x100m freestyle relay team.  
[#Glasgow2014](#) [#GoAus](#) [snpy.tv/lz9XXKj@tensporttv](#)

READ - 12 Queenslanders you should know ...  
Jan Croft story

<http://www.abc.net.au/local/photos/2014/07/11/4044277.htm>



Kerryn Spinks

<http://www.whathappenedinmybirthyear.com>

## August Birthdays

Kerry Blackwell	2/8 (Big 70)
Patricia A'Herne	8/8
Jessica Seeley	10/8
Mark Besford	11/8
Dyanna Benny	23/8
Elaine Campbell	24/8
Rob Lucas	29/8
Rachael Symons	31/8

**HAPPY BIRTHDAY TO ALL OF YOU**

How many DAYS old are you ... this will give you a jolt - even gives the day of the week you were born  
<http://www.korn19.ch/coding/days.php>



### SOCIAL EVENTS

Monthly Club Breakfast  
after squad Sun 3 August

### CRAFT AFTERNOON

1-3pm - Tue  
Date & Venue TBA

Every Sat.. 7.30 am -  
Main Beach - Ocean Swim

VISIT OUR WEBSITE ...  
[www.noosaussichallengers.com](http://www.noosaussichallengers.com)

### Challengers Chatter

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