



## Welcome to the Spring Edition 2019

Winter is well and truly running its course; however, the Meteors family are keeping warm with a range of great activities across all disciplines to keep everyone moving in preparation for the new season ahead!

The club is running its weekly cycling, running and swimming programs which are seeing many existing and new members joining in, to take part in either maintaining a fitness range or preparing for their next event.

As always, a special and warm welcome to our newest members and we always look forward in seeing you at our programmed events for training and racing. Please feel free to ask questions and get involved in the activities. Certainly, our more experienced members are always here to provide advice, assistance or point you in the right direction.

## Upcoming events

8th September: Winter Duathlon Series Race 3

15<sup>th</sup> September: City to Bay

20<sup>th</sup> October: West Lakes Triathlon Race 1

3<sup>rd</sup> November: Murray Man

17<sup>th</sup> November: West Lakes Triathlon Race 2

### Contact Us

> Zoe Hubball  
> 0410839945  
> [info@meteorstriathlonclub.org.au](mailto:info@meteorstriathlonclub.org.au)

### A Proud, Local Club

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### Find us at

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## Winter Duathlon Series 2019

The winter Duathlon Series has been in full flight recently with Race 2 of the Series seeing some terrific results for our members in a very intense field of competition.

A special mention goes out to Hailey Robinson in her first race bringing home a medal together with top results for Patrick Goodwin.

Well done to everyone and please pencil in your calendar the next Duathlon the State Championships on the 8th of September.

If you will like to get involved and support the Meteors Club at the event, please contact Zoe Hubball at [Meteorstriathlonclub@hotmail.com](mailto:Meteorstriathlonclub@hotmail.com) Volunteers are always gladly welcomed in supporting making these events successful.



\*Photos thanks to Mike Pickering

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## Club Training News

Club training sessions are as below

\* Cycle – coached by Gavin Woodward

Tuesday mornings from 5:45am at Edwardstown Velodrome.

Check fb for updates in case of unfavourable weather

\*Swim - professional coach

Wednesday mornings from 5:45am at Immanuel College.

\*Running Social Sessions) – hosted by Zoe Hubball

6:00pm Thursdays departing from Brighton Jetty

\*Social Sunday- an awesome opportunity for members to get together over a coffee.

Sunday mornings 10am at Brighton. Check on Meteors fb Group For venue

As always, please feel free to post any swims, rides or runs that you are doing on facebook if you would like some company!



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## Meet the Meteors Committee Members

With a new season taking place, please meet our Board Members. Naturally, there are always familiar faces and some new faces, all here to support our club and put our members first.

Club President: Zoe Hubball

Vice/Secretary: James O'Hanlon

Treasurer: Andrew Ainslie

Committee: Belinda Witlshire  
Simon Mulligan  
Rodger Mangin  
Mike Pickering  
Vince Lammerse  
Peter Christopoulos

If you have any questions or would like more information, please feel free to contact any one of our committee members for assistance. We are here to help.

Every edition of the Meteors Magazine, we will be featuring more information about committee members, their journey in the sport of triathlon and the elements that make them the athlete that they are through experiences, races and training.

This edition we will be featuring

Club President Zoe Hubball,

General Committee member Mike Pickering and;

General Committee member Peter Christopoulos (aka Mechanic)

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## Zoe Hubball – Club President

I started my Tri journey Dec 2010 doing the mini Tri at West lakes.

I was telling my personal trainer (Those who know Shaun Yates, I blame you buddy for my addiction!!) I had done the mini and he invited me to some come and try sessions with a club called the Meteors. I did the sessions and got bitten by the Tri bug.

At this point I was living near outer harbour and found the 4am starts and 8pm finishes (we trained 2 sessions a day back then) too much. So I moved to where I live now in St Mary's (so much closer). I loved the community feel of the club and I never missed a session, which paid off, as I have been lucky to represent Australia three times in New Zealand, England and China.

I have raced almost every race available in South Australia and a quite a few interstate races. My most recent years I have been focused on Ironman and completed multiple 70.3 and four full ironman. Busselton, Cairns and Barcelona have been my highlight races. Busselton because I did it with Gabe and it was our journey together, Cairns because the course was spectacular and Barcelona because Mum and Dad were there and witnessed me finish and we could celebrate together.

Recently I have been volunteering as a Technical Official and have really enjoyed seeing the other side of the sport.



This season? I plan to do a few local races, Geelong 70.3, some officiating and either in 2020 or 2021 another Ironman- location yet to be decided. Triathlon now is a lifestyle for me. I love it and I have loved the friends I have made. I still see Shaun every Friday and still give him a hard time for being broke all the time from buying Tri gear!

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## Peter Christopoulos – Committee Member

Coming from a background in MTB Racing and then into Road Racing, I started repairing bikes from 12yo and worked my way to working in a Bike Shop from age 15. I went onto race for many years competing locally and nationally in Road Cycling and always had a dual role of Domestique and Mechanic in the teams I rode for. I never possessed a talent such as a sprinter nor climber, I just knew how to chase breakaways, lead out sprinters or create havoc on climbs to give my team leader the best outcome at the business end of the race, hence I was called the Super Domestique.

I eventually switched from competitor to mechanic and honed my skills specifically on Road and Time Trial Bikes. My dream was to create a workshop where it is a one on one service with the athlete. Servicing bikes to meet the rigours of training and competition thus a small business was born, and I live by that idea of providing that service.



Beyond the workshop, I work both locally, nationally and now internationally for UCI Pro Team Astana and Education First. A day in the life of a UCI Mechanic is long hours, dedication and a deep love of all things bikes. It is challenging on the road, but I wouldn't have it any other way. When you think there is no solution, you must look beyond and make it happen!

As committee member and club sponsor, my aim is to pour my knowledge into your bikes so you too can get the best out of your bikes through training and racing. My belief is keeping it simple and making it effective. You don't need to spend a lot to get a good result. Basic and regular maintenance will always get you there!

In season 2019/2020 I plan to undertake my first triathlon. Only problem is, I never learnt how to swim so I will be working on this to take on all three disciplines of the event.

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## Mike Pickering – Committee Member



Hi guys, my name is Michael (Mike) Pickering and I have now been a member of the Meteors Triathlon Club for 3 years. We were previously living in Pt Lincoln where my wife Sue and I decided to take up triathlons (at the ripe old age of 51) to get fit once again.

I did this while waiting for a knee reconstruction (having had one on the other knee some 4 years earlier) so I completed my first triathlon at Pt Lincoln with a knee brace and walking the run legs. A very interesting challenge as it was in an endure format (250m swim, 7km ride and a 2 km run repeated 3 times). I did finish however and so had the presentations by the time I came across the finish line.

Since moving back to Adelaide and joining the Meteors, I completed several sprint triathlons individually and a couple of Olympic (standard distance) ones as a team with either my wife Sue and our son Nathan or just myself and Nathan.

My goal in my first year in Adelaide with the Meteors was to complete my first standard distance triathlon and I achieved that at Kingston in 2017 (coming across the line in last place to a standing ovation that I will never ever forget).

While out cycling in the hills on a Saturday morning last year in February before the Kingston Triathlon, I came off my bike near Kangarilla (no recollection of the incident at all) and spent 3 days in ICU and a week in the thoracic ward in the Flinders Medical centre with 6 broken ribs, a flail chest, punctured lung and a skull fractured in 3 places.

I have since made a full recovery and am planning my comeback sprint triathlon this season on Jan 27<sup>th</sup> at West Lakes if all goes to plan. As I couldn't compete last year I was asked if I would join the committee and I have loved every minute of being able to support my club in this way. I have continued my involvement on the committee again this year. I am just completing my final year as a Nursing Student at Flinders University and am looking very much working again and continuing to get fit and be part of such a wonderful club.

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## Meteors Uniforms

One of our club aims is to have as many members as possible training and racing in Meteors gear.

In addition to training and event wear, we also have access to a great range of supporter wear not only for club members but supporting family/friends that come to the events.

Supporter wear can be purchased from Marino Uniforms. You can select from their instore range and your garment of choice is embroidered with the Meteors Logo.

Marino Uniforms can be found at 861 South Road, Clarence Gardens, SA 5039.

For any uniform queries please contact Simon via [meteorstriathlonclub@hotmail.com](mailto:meteorstriathlonclub@hotmail.com)



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## Social Media

You may have noticed some changes to our Meteors facebook pages recently. We now have a 'closed' group that is for club members only. This will enable us to post training sessions and information specific for members. We'll still be running the 'public' page for general info.

On Strava? Join the Meteors group page so you can check out your club mates' PRs and KOMs and give them some Kudos!!

We also have an Instagram account. Check out @meteorstriathlonclub and give us a follow!

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## Pete's Garage

Welcome to Pete's Garage, this will be a regular segment talking all things bikes, how to get the absolute most out of your bike and how to keep it running in perfect condition for all your training and racing events.

I get asked a lot about lubing the chain, what to use and how to keep it clean. Certainly a clean chain and drivetrain is the key to great shifting, noiseless performance and cost saving repairs from excessive wear and tear due to built up grit and dirt.

I always start with a clean drivetrain and the best way to achieve this is by using a purpose made chain cleaner such as Morgan Blue Degreaser. Using an paint brush, add some degreaser to an old cup and 'paint' the degreaser on the cassette, front and rear derailleurs and over the chain.

Back pedal the cranks in order to ensure that the paint brush coated in degreaser works its way throughout the drivetrain. Allow to sit for approximately 5 minutes in order to penetrate and then using a garden hose, lightly run it over the degreased parts to hose-off the dirt and grime. Best to do this away from your precious lawn as this stuff is a great weed and lawn killer!

Once you have cleaned the drivetrain down, allow the bike to dry out in the sun if in summer or use an old, clean cloth and dry the drivetrain out by hand in winter.

Apply a drop of lube upon each link in the chain and avoid it running down the sides of the chain. A little goes a long way so don't feel like you need to coat the chain in oil. After a ride or two, top this oil up slightly and when it blackens, time for a trusty ol' wash down.

*Hot Tip!* If riding in the rain and don't have time to wash the bike, spray some WD-40 over the chain and cassette. WD-40 is a water dispersant and will chase the water/moisture away preventing corrosion until such time you can wash the bike.

I use Morgan Blue Chain Degreaser and Morgan Blue Race Oil on all bikes throughout the year as used by Education First Cycling (USA).

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**Thanks to the Club Sponsors for the 2019/2020 Season**

Please support our wonderful club sponsors



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