

January Update...Triathlon experiment ends before it starts

Well sometimes you have to go down a pathway before realizing it is the wrong one. I had planned to do a few triathlons to get sharp before traveling to France in April/May for 5 weeks, however once little Sebastian came along the swimming training and races were the furthest thing from my mind and the sleepless nights took their toll.

I have therefore decided to cut my losses early and put the swimming and tri's on ice and try to get a good routine of family time, work and training in the lead up to our travels.

On the sponsorship front, I have confirmed that I will once again be racing for the mighty Montlucon Triathlon Club in France for 3 Grand Prix's and the French club championship. I am really hoping this year we can knock some of the bigger and richer clubs off their perch- I certainly think we will have the cattle.

I have also received a brand new "Black Soul" full carbon frame from CSK which looks awesome and should really suit the tight technical races on the circuit- check it out on CSK's new website www.csk-bikes.com . RFID timing, Asics and Ryders Eyewear have also confirmed their ongoing support and I am greatly appreciative of their contribution...the later two sponsors have been with me for 7 years now and Andrew at RFID has been a great help and I look forward to helping promote his highly respected company around the globe. I will have more sponsor info soon once I finish negotiations for 2008 in the next few weeks.

In other news, the Front Runner training group at Yokine Thursday's at 5.30pm has been going brilliantly. Teaming with Ross at Exceed Sports has helped form a strong nucleus of 20 athletes who are all motivated and excited about improving their running splits, this has me really pumped and I am looking forward to seeing some great results.

See you on the training tracks

Regards
Radar

