

TRI TRICK
REFUELING

Just getting into long bike rides?

This is a critical phase for topping up during triathlons. Store your food and drink in one of these options for easy access: 1) Use the pockets on the back of your cycling jersey or tri suit to store energy bars and gels. 2) A saddle bag is a great solution for rides when you're likely to stop. Attach the bag behind the handle bars, under your seat or onto your front or back tube triangle. 3) Carrying the weight of your liquids on a fuel belt around your waist means you can keep full upper-body mobility, and you can keep it on for the run.



Use a saddle bag to store plenty of fuel for your long bike rides



THE BEST PLACES TO TEST YOURSELF

DETAILS

What The Bala Middle Distance Triathlon (2km swim, 80km bike, 20km run)
When 14 June 2009
Where The Penllyn (Bala) Leisure Centre, North Wales



Bala Lake may look beautiful, but it hides a race of brutal proportions

THE BALA MIDDLE DISTANCE TRIATHLON

TEST YOURSELF ON THE HIGHS AND LOWS OF THIS TOUGH SNOWDONIAN CHALLENGE

THERE'S ONLY one large flat section of the Bala Middle Distance Triathlon and that's the surface of Bala Lake. Competitors taking part in this race on 14 June need to accept that once they're out of the water, they're in for hours of relentless gradients among the spectacular scenery of Snowdonia National Park.

The course was inspired by Ironman runs and is intended to be tough, so although Wreccsam Tri's Julian Hunter points out that the undulating terrain provides equal relief on downhills and pain on the ups, Bala's not best suited to anyone who's trained on the flat.

Bala Lake is deep and fed by some of the highest lakes in Wales, so it can be extremely cold.

As with the 20km run, the 80km cycle is out and back again along the same route, with a well-marshalled turnaround at the halfway point. The first five or six miles in the saddle are uphill, though, passing Llyn Celyn – a reservoir that flooded the village of Capel Celyn in the mid-'60s.

Steep descents to the turnaround offer your legs a welcome rest – but the respite is brief as they have to climb up again on the return leg.

The 20km run undulates all the way along the southern shore of Bala Lake, before ending with a brutal climb to the turnaround.

Not a race for the fainthearted, Bala's challenging route and beautiful scenery draws competitors of all abilities. Visit www.wreccsamtri.org.uk.

I RACED IT!



CHRIS NICOLL Age 35-39 Time 4:09

“ The lakeside setting and mountainside bike course is fantastic... an ideal setting for a hard man's course. I've raced it four times now. The lake is cold and a long way back from the turn for us non-swimmers. The bike is tough, with real hills, fast descents and no easy sections. But it's the run you remember - on the return you glimpse the finish through the trees, five miles off. ”

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> **FRITTON LAKE TRI CLOSING ON 29 MAY; SEE FRITTON-LAKE-TRIATHLON.CO.UK**