

# Ashlee Bailie's November Update



Fortunately I was able to return to Western Australia during my break, earlier this month. After being away from home for 9 months, I really appreciated returning and receiving some TLC from my mom. It also allowed me to catch up with family and friends that I have not seen during the long triathlon season. It is comforting to see that not much has changed in my home town, Bunbury, and the knowledge that you will be returning back to the familiarities every time. I was lucky enough to get a few shifts at my old job, Civic Video, from my boss, Michael Gianotti, who has always supported Ryan and myself through our triathlon endeavours. I also hopped back into the pool with my old swim squad; The Bunbury Swimming Club and Chiffa and caught up with my old coach, Jo Moore.

When in Perth I met up with the new Australian Distributors of 32Gi. 32Gi is a nutrition company that is based in South Africa. I was more than happy to try out the samples of 32Gi and found that not only are the products tasty they are also exceptional for your performance. I am so glad to be on board of Natalie and Kristen's 32Gi team. Feel free to check out information on this amazing product at [www.32gi.com/](http://www.32gi.com/)

Ryan and I were also lucky enough to be treated to a photography shoot by Stephanie and Steve Llyod-Smith, a respected local photography company. We were given the full celebrity treatment and I rather enjoyed being shot. Some shots were done in front of the green screen while some others were taken out on the road.

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The pictures turned out extremely well and Steve did such an awesome job adding amazing backdrops and touching up the shots. Fortunately for the Lloyd-Smiths, Ryan did not break the lens of their camera...

I am currently in the mountainous area of Falls Creek, Victoria. Here the NSWIS triathlon squad is set up to get a few weeks of training in the benefits of the 1600m altitude before Christmas. These weeks are easier runs where we get used to the altitude and slowly bring our bodies up to fitness. When we return in the New Year, we will be doing the harder runs. Falls Creek offers beautiful trails and mountainous views on my runs. The New South Wales Institute of Sport has an amazing set up here with accommodation, gym membership and access to the latest sports science. It is great to be part of such a productive team.

On another note I am proud to say that I have been nominated as a finalist for the ANZ Western Australian Junior Sports Star of the Year. Unfortunately I will be unable to attend this prestigious event on the 15<sup>th</sup> of December due to altitude training commitments; however, I will be represented well on the night by my mom, sister and Triathlon Western Australia.

Until next month,

Ashlee Emma Bailie