

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 18/2006

NEW POSTS

- [Advice for Half IM first timers](#) from Captain Kim
- [More names as North Coasters](#) take on the Half IM this weekend!!!! (6th May)
- [Wear a YELLOW RIBBON @ Half IM](#)
- [Visit the Club Marquee @ Half IM](#)
- [Roster for People working at registration at the Half IM](#) (please wear a North Coast Top).
- [Weetbix Triathlon](#) wrap up.
- [Cyclosporitif Senior Team](#)
- Notice board "2006 Kestral Talon Carbon Fibre Bicycle" For sale

ONGOING POSTS

- [Latest Club Calendar](#)
- [Entertainment Book](#) Club Fundraiser
- North Coast [Women's Triathlon Course](#)
- North Coast [Junior cycling team update](#)
- Trystars [junior coach](#) needed
- Club [committee opportunity](#)
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*****New Posts*****

CAPTAIN KIM'S TIPS FOR THE BUSSELTON HALF IRONMAN

This year will be my 11th W.A. Long Course race, and the tips below are a few things I have learnt over the years. Hopefully they will help you have the best race possible on Saturday.

1. By far the most important thing on race day is to keep yourself hydrated. Drink a combination of water and Carbo drink, but make sure you drink plenty of it. The forecast for Saturday is fine and warm, so you will need plenty of fluid to get you through the run in the heat of the day.
2. Get a good night's sleep on Thursday night. It does not matter if you sleep badly the night before the race because it will have no effect on your performance, but it is important to have a good night on Thursday.
3. Hydrate yourself all day Friday. Salty foods such as Vegemite are ideal for hyper-hydrating. You should drink sufficient water such that you are running to the toilet at least every 2 hours during Friday and Friday night.
4. Don't stress about leaving your bike in the cold and dark on Friday night. It will still love you on Saturday morning once you pump up its tyres.
5. Take oil with you in case it rains on Friday night and washes all the oil off your chain.
6. Pack arm warmers and gloves. It may be cold on Saturday morning and the arm warmers will make your bike ride significantly more pleasant.
7. Mount food on your bike on Saturday morning. This may be a banana, Powerbar, Carboshotz, etc (whatever works for you). But it is important to get some solid food into you during the bike.
8. The Carboshotz bidons handed out during the bike leg will probably be stronger than you normally mix yourself. Therefore ensure you always have a bidon of water on the bike to drink in conjunction with the carbo drink.
9. Drink at least 1 bidon of fluid during each lap of the bike.
10. It is possible to pee while you are on the bike. (Just relax and take your weight off the saddle). A lot of people do it, so save time and let it all run out rather than pulling over and losing a minute or two.
11. If you feel more comfortable cycling and running in socks, put them on. You will not lose much time.
12. Don't touch the coke until the last lap of the run. Then once you start drinking Coke it is important to continue drinking it at each drink station until you reach the finish line, otherwise you could be in for a sugar crash.
13. Carboshotz are great but they only work if you are well hydrated. So make sure you have lots of water with each Carboshotz.
14. It is okay to walk through the drink stations. Getting plenty of fluid at each drink station is more important than saving a couple of seconds.

15. If it is cold and wet on race day make sure you have plenty of clothes to keep you warm until you put your wetsuit on.
16. You will not be able to go for a warm-up ride on Saturday morning. But a warm-up jog is equally beneficial, so make sure you have spare running shoes to use once you leave your race shoes in transition.
17. Learn how to change a bike tyre. There will be no one to help you if you get a flat on race day.
18. Remember there is nothing you can do about the weather conditions, so there is no point worrying about them.
19. A mass start with 800 people is quite daunting, so make sure you self seed yourself in the appropriate place. However if a few elbows and kicks don't worry you, get in amongst the pack and make the most of getting sucked along by the draft from 100's of swimmers.
20. If the water is cold wear two swim caps. It makes an amazing difference.
21. If it is cold on Saturday morning put your wetsuit on early and complete your on-land warm-up in it. This will help get your body temperature up at the start.
22. Mental preparation. On the Friday night, go through the race in your head, particularly transitions. Think about what could go wrong and how you will deal with it, such as:
 - Goggles get knocked off during the swim and leak.
 - Helmet has fallen from your bike in transition and is not where you left it.
 - You come back from the bike leg and find someone else's bike in your spot.
 - You drop the bidon during the bidon exchange at the end of one of the bike laps.

The above tips should make your day a bit less stressful, and help you enjoy the amazing experience of the Busselton Half Ironman. Good luck to everyone, and I hope you get the result you deserve from all the months of hard training.

Cheers
Kim Vivian

OFF TO HALF IM BUSSELTON

Please note a few names (in red) added to the list below. Unfortunately it appears that Tony Highfield and Glen O'Connell have both succumbed to injury, so won't be lining up at the start - real bad luck.

North Coast H I M 2006									
Surname	Name	Surname	Name		Surname	Name		Surname	Name
Vernon	Arthur	Ames	Damien		Hickey	Keith		Roberts	Brett
Mathews	Kevin	Bedford	Paul		Highfield	Tony		Roberts	Chris
Mark	Hay	Black	Louise		Hosgood	Andy		Ross	Sam
		Black	Norman		Jamieson	Steve		Scott	Robyn
		Black	Paul		Jarvis	Ben		Scott	Susan
Teams		Butterworth	Matt		Jones	Andy		Scott	Dianne
	North Coasters in Recovery	Crowe	Sandy		Kelly	Wade		Sedgwick	Mark
Lees	Rob	Curry	Sam		Laycock	Ian		Silverlock	Barry
Wickramasinghe	Nimal	Dallin	Corey		Libbis	Sue		Smith	Kerrie
Fearnley	Jamie	Daniel	Gavin		Mathey	Chris		Steinkrug	Roger
		Douglas	Meredith		Matsinger	Richard		Stone	Tarnia
	North Coasters Femme fatale	Dunlop	Dallas		McGuinness	Bryan		Sullivan	John
Fearnley	Sue	Fay	Steve		McIntosh	Greg		Vivian	Kim
Burge	Deb	Fitzgerald	Rod		McSweeney	Paul		Wesley	Dale
Woodhouse	Anna	Grassick	Keith		Norton	Dave		Wesley	Loretta
		Griffiths	Darrin		Ober	Tracy		Whalley	Bill
	Lisa Bergin's Team	Hanson	Dave		O'Connell	Glenn		Willison	Leigh
Lisa Bergin		Hawkins	John		Parrotte	Michael		Wren	Mike
& family		Haywood	Ashley		Parry	Rob		Wright	Craig
		Heyes	Paul		Pearce	Fred		Young	Carl

WEAR A NCTC YELLOW RIBBON @ HALF IM

As North Coast will be running the registration @ HIM they will be giving out a yellow ribbon to all North Coasters to be pinned onto your racing top for the duration of the event. This will help all the Club supporters to identify you as a North Coaster as they cheer on the field. We would also like all supporters to wear the ribbons – they will be available to you from the Club marquee during the race.

VISIT THE CLUB MARQUEE @ HALF IM

Supporters, be sure to visit the marquee – bring your chair and join other members. **The BBQ will be on and you just need to ask for FREE snags and burgers, but you will have to cook them yourself.**

(The Club marquee will be situated somewhere near the start of the cycle leg)

REGISTRATION ROSTER @ HALF IM

Thank you in advance to all the members and friends/family listed below that have offered to assist with the registrations. It would be great if you could all wear some type of top that identifies you as a North Coaster – to show everyone that North Coast does their bit for Triathlon WA.

Names with no time, please be there as soon as possible

<u>4.00pm – 6.30pm</u>			<u>6.30pm – 9.00pm</u>		
1.	Kim Tyler-Lees	4.00	1.	Mark Twiss	7.30
2.	Robert Lees	4.00	2.	Ann Blatchford	
3.	Gavin Daniel	4.00 - 5.30	3.	Mike Blatchford	
4.	Lesley Whalley	4.00 - 7.30	4.	Keith Hickey	
5.	Mere Douglas	4.00 - 6.30	5.	Tracy Ober	
6.	John Hawkins	4.00 - 6.30	6.	Ashley Davis	6.30 - 9.00
7.	Rob Parry	5.00 - 7.00	7.	Julie Davis	6.30 - 9.00
8.	Ian Laycock	4.00 - 6.30	8.	Sue Libbis	6.30 - 8.00
9.	Barry Silverlock	4.00 - 6.30	9.	Mark Sedgwick	6.30 - 8.00
10.	Di Silverlock	4.00 - 6.30	10.	Roger Stienkrug	6.30 - 8.30
11.	Kim Vivian	6.00 - 7.30	11.	Tania Stone	6.30 - 8.00
12.	Robyn Scott	6.00 - 7.30	12.	Indgrid Vanderkuyl	6.30 - 8.00
13.	Louise Black	4.00 - 6.30	13.	Lajos Varga	6.30 - 9.00
14.	Paul Black	4.00 - 6.30	14.	Arthur Vernon	6.30 - 7.30
15.	Dallas Dunlop	4.00 - 5.00	15.	Ros Vernon	6.30 - 7.30
16.	Sue Scott	4.00 - 5.00	16.	Dale Wesley	6.30
17.	Michael Parrotte	5.00 - 7.00	17.	Sarah Black	7.00
18.	Greg Macintosh	4.00 - 5.00	18.	Anna Woodhouse x 4	
19.			19.	Nimal Wickramasinghe	
20.			20.	Fiona Longden	8.00 - 9.00
			21.	Dave Hanson	6.30 - 9.00
			22.	Sue Fearnley x4	7.00 - 9.00
			23.	Kevin Matthews	8.00 - 9.00
			24.	Fred Pearce	7.00 - 9.00
			25.	Craig Wright	7.00 - 8.00

WEETBIX WELL DONE AND THANK YOU

Ann Blatchford reporting:

Congratulations to the 29 (we know about) North Coast Trystars who participated in the SANITARIUM WEETBIX KIDS TRYATHLON a few weeks ago on 9th April. Here is a list of the names we know participated – the ones who came over to the North Coast tent on the day, but can you ask anyone we have left out to let you know so you can put their names up as well.

NIALL AND MATTHEW STEPHEN, ADAM MORRIS, KURT WESLEY, MICHAEL TURTON, GRACE WILKINSON, JACK AND TOM MEDLAND, TK TE AUTE, TIM AND HARRI WHITLOCK, GEORGIA ALFORD, TARQUIN STONE, ALEX BLACK, CONNOR TAPSCOTT, KARLI PLOWRIGHT, LUKE AND JULIAN DIXON, ERIN AND TYLER MOSDELL, STEPHANIE MCOACH, JESSE BLACK-CATALDO, KYLE VARCONYI, CRAIG, CARLY, TEGAN AND GARRY SCOTT, EMMA BOOTH AND ASHLEY MACKAY.

Well done to you all and we hope you and your friends had a great time and felt really proud of yourselves when you crossed the line!

Special thank you to Tessa and Lisa Atkinson also Doris and Frank Stephen for manning the North Coast tent on the day, and giving out so much information on North Coast in particular and Trystars in general. Over 30 families signed up for further information for next season!!

And finally a huge thanks, to all those volunteers who assisted on the day with the 2450 mini triathletes. (Perth was the second biggest event in Australia after Melbourne!!) Without you volunteers this event could not happen and we hope you were rewarded by the looks of determination and smiles on the kid's faces!! Thank you to Nimal for organising all the volunteers and then stepping in at short notice as a technical official to ensure the event was conducted safely. It was pleasing to see the organisers had addressed the shade and heat issues from last year and they are already considering better measures on the events with these bigger numbers to make the waiting time less painful. Though we realise it was a long and tiring morning we hope everyone came away from this event with a positive experience to encourage them to be back next year.

CYCLOSPORTIF SENIOR TEAM

Steven Fay is keen to put together a Club team to enter this event. If you are interested in being part of this winter series, please give him a call. His contact number is - 0415 700 164 or email manta-77@hotmail.com

The closing date for team nominations is Mat 14th. For more information on the event visit the website www.cyclosporitif.com.au (when it's up and running again). In the meantime venues and dates can be found further down in this bulletin in the Junior Cyclo information.

*****On going posts*****

FUNDRAISER ENTERTAINMENT BOOK

As we are offering the entertainment book for sale this year as a fundraiser could all members that take advantage of these books, please purchase them through the Club - all the details are attached. It would be great if you could please download the order form, fill it out and send it to the Club President Nick Phillips or to the club post office box with payment details. P O Box 556 Hillarys 6923
The books will be available in May.

CLUB CALENDAR

DATE	KEY	EVENT	DETAIL	TIME	LOCATION
MAY					
6 th	TR	Half IM WA	1.9/90/21.1		Busselton
21 st	CY	Cycloportif	54km	TBA (am)	York
JUNE					
11 th	DU	NC Club Duathlon Senior/Junior/Trystars	1.6R/10.8C/3.6R Trystars format TBA		Honeybush Drive Edgewater
17 th	SO	TWA Presentation Dinner			TBA
25 th	DU	NC Club Duathlon Senior/Junior/Trystars	1.6R/10.8C/3.6R Trystars format TBA		Honeybush Drive Edgewater
25 th	CY	Cycloportif	45km	11.00am	Chittering
JULY					
2 nd	DU	NC Club Duathlon Senior/Junior/Trystars	1.6R/10.8C/3.6R Trystars format TBA		Honeybush Drive Edgewater
8 th	SO	NC Club Presentation Dinner			Hillarys Yacht Club
16 th	DU	NC Club Duathlon Enduro Senior/Junior/Trystars	1.6/5.4/1.2/5.4/2.4 Trystars format TBA		Honeybush Drive Edgewater
30 th	DU	NC Club Duathlon Senior/Junior/Trystars	1.6R/10.8C/3.6R Trystars format TBA		Honeybush Drive Edgewater
AUGUST					
6 th	CY	Cycloportif	45km	11.00am	Pinjarra
SEPTEMBER					
3 rd	CY	Cycloportif	TBA	11.00am	Pickering Brook
30 th	CY	Wild West Bike Tour Day 1			Geraldton - Kalbarri
OCTOBER					
1 st	CY	Wild West Bike Tour Day 2			Kalbarri - Geraldton
15 th	CY	Cycloportif	50 or 75km	9.00am	Northam
NOVEMBER					
12 th	CY	Cycloportif	40km circuit – 1or 2 laps	11.00am	Dardanup

KEY: AQ Aquathlon, CY Cycle, OW Open Water Swim, DU Duathlon, TR Triathlon SO Social Function

WOMEN'S TRIATHLON COURSE

Due to popular demand, North Coast will be running another "Women in Triathlon" (WIT) course. This is an ideal opportunity for all your friends that were always "gunna" try Triathlon to now "have a go". The course will cater for a range of abilities – from complete novice to "already fit" athletes that want Triathlon specific training routines and technical coaching. The proposed commencement of the course is October 2006 to run until December, when it will culminate with competing in a State sanctioned Triathlon race.

All three disciplines will be comprehensively covered with one session each a week (8 week duration) – Swimming on Tuesday evenings @ Arena Joondalup (7.00pm), Running on Thursday evenings @ Flinders Park, Hillarys (6.00pm) and Cycling on Saturday mornings from Bikeforce Woodvale (6.30am). For expressions of interest or just more information please contact the course coordinator Meredith Douglas on 9301 0395 at home and mobile 0403 770 555 (not after 8.30pm please). This course is not intended for juniors, however if your current ability is assessed to be suitable, then you will be considered – just discuss this with Meredith

CLUB JUNIOR" CYCLO SPORTIF" CYCLING TEAMS

Cyclo Sportif takes advantage of WA Cycling road race events to run a fun event for serious recreational cyclists. This provides the advantage of all the marshalling and infrastructure (sag wagon etc) of the main event for the Cyclo Sportif riders. Riders cycle in a team (a team consisting of a minimum of five, maximum of nine riders on the day), and the team is given the time of its slowest rider. Therefore the team should **ride as a team**, with no incentive for stronger riders to leave the weaker riders behind. Rather stronger riders should do more of the work for the team. But the event is not trying to be a formal race, but rather emphasise the joy of cycling in a group, with the development of skills, the fun of participation and a great post event social atmosphere.

The events are generally held in country towns and provide an opportunity to also sample the offerings of the local area and so are ideal to combine with a family outing. As triathletes we generally compete as individuals, Cyclo Sportif provides the opportunity to be part of a team. North Coast is hoping to put in several teams as follows (and even more if there is interest):

Eligible juniors

If your name appears below and you would like to participate, please contact Nimal or Dave – depending on which team you would prefer to ride with. **Any other members in a younger age group that feel they could handle the rides are also most welcome.**

14 – 16 years Bakker	Milly	Lori	Michael	16 – 19 years Allison	Megan	Maher	Cameron
Bates	David	Mascall	Leah	Caley	Sarah	O'Connell	Glenn
Boag	Matt	Mascall	Phillippa	Calver (Jnr)	Mark	Phillips	Jess
Calver	Matthew	Ober	Jake	Davies	Craig	Richards	Lea
Clauson	Emily	Rafty	Sarah	Davis	Ashleigh	Varga	Lajos
Edwards-Rapley	Ben	Richards	Adele	Fearnley	Sarah	Wickramasinghe	Jenna
Fearnley	Ashley	Stummer	Neil	Franklin	David		
Green	Ben	Taha	Nemecia	Gleeson	Steven		
Guthrie	Andrew	Turner	Jade	Highfield	Hannah		
Hegarty	Jessica	Wansbrough	Lee	Lori	Andrea		
Hugessen	Hannah	Woodhouse	Micha	Lori	Erika		

Craig Davies, Lajos Varga & Ben Edwards Rapely, while in the right age group and nominated, will understandably prefer a higher standard of racing, because of their superior level of ability. If however they would like to compete for the “fun of it” (or for any other ulterior motives) they would be most welcome.

Junior Development Team (Nimal's Team)

This team will consist of junior elite athletes as well as developing athletes. The members of the team are riding for fun and experience. There will be no adults in this team, with the more experienced riders organising the team on the road. This team will do the shorter distances to start with. The measure of success for this team is the amount of fun they have. Athletes so far confirmed in this team are:

Ashleigh Fearnley	Kate Vernon	Adele Richards	Elle Waterman
Ellie Rice	Sarah Fearnley*	Tim Bond	Hayley Norton *

* Team Leaders

We would like to see a few more riders registered, so if you are interested in this team contact Nimal on 0412 041 674

Junior Race Team (To be captained by Dave Norton who will also ride in the team) Athletes so far confirmed in this team are:

Cameron Maher	Jade Turner	Erica Lori	Dave Norton	Glenn O'Connell	
Steve Gleeson	Mike Lori	Neil Stummer	Jonathon Franklin	Micha Woodhouse	Bradley Brown

This team will build to doing some of the longer rides towards the end of the season and hopefully compete in the 5 stage 2 day “Wild West Bike Tour” in October (Geraldton - Kalbarri – Geraldton). Contact Dave at home 9246 4886 (evenings or week ends) if you would like to be part of the junior race team.

Adult Team

This team is a fun team of adults (some of the parents from Junior Development Team athletes will be in this team – definitely not serious riders). It will have a wide range of experience, but we are riding for fun to support the juniors so any experience level is welcome. The measure of success is participation and fun, not how fast we go.

Athletes (and here used very loosely) in this team so far:

Nimal	Arthur Vernon **	Sue Fearnley	Geoff Maher	Anna Woodhouse
Denise Rice	Lindsay/Peter Richards*	Kate Clark	Sean Neary	Steve Waterman

** Arthur will ride only occasionally * Peter and Lindsay will alternate.

We are riding for fun, and need more like minded riders so please join us if you are interested. Contact Nimal on 0412 041 674. (There are non-North Coasters interested in this team (four so far), but for the moment we are just confirming places for North Coast members, and will open it up only if there is insufficient interest from North Coast).

Event dates

Date	Location	Nominations Close	Distances	Start Time	Other
21/05/06	York	15/05/06	79 and 54 km	TBA	Course is flat to undulating. Meet at Castle Hotel, Avon Terrace, York
25/06/06.	Chittering	10/06/06	75 and 45 km	11:00am	Course is challenging Meet at Lower Chittering Hall
6/08/06	Pinjarra	31/07/06	75 and 45 km	11:00am	Testing but plenty of downhill on return Meet at Premier Hotel, William Rd, Pinjarra
3/9/06	Pickering	28/08/06		11:00am	Flat to undulating on quiet sealed roads.
15/10/06	Northam	9/10/06	75 and 50km	9:00am	Moderate with one climb. Meet at The Workers Club, 358 Fitzgerald St, Northam
12/11/06	Dardanup	6/10/06	40k circuit, 1 or 2 laps	11:00am	Course is undulating Meet at Dardanup Hall, Ferguson Road

TRYSTARS COACH

North Coast Trystars are looking for help next year with coaching our youngest members in the sport of triathlon. You would need to be available on a Friday evenings from 5pm to 6:30pm from October to the beginning of April. No formal qualifications are required, just a knowledge of our sport and a willingness to pass on your skills to the next generation. If interested please, please contact Frank Stephen on 9304 7358 or 0414 946 230 or by email frankstephen@bigpond.com

CLUB COMMITTEE OPPORTUNITY

Wanted – a keen club member who possesses the following.

- Willingness to give back to the club.
- A computer with internet access.
- A little free time to spare.

After 4 years Rob Lees is stepping down as Club Treasurer. We need someone within the club to step up and be a part of the clubs future in this rewarding position. The Treasurer is responsible for banking of monies after events, making payments by cheque or cash, maintaining float, attending monthly committee meetings, recording transactions, processing credit card receipts. All record keeping is set up on a very simple computer cash book, so you don't need any accounting skills. Positions normally run for one year, with committee members voted in each year at the AGM around August. Rob will mentor someone into the role, so there will be a smooth handover.

Contact Rob Lees on 0439 998 684, 9300 4946 or robrees@bigpond.net.au.

CLUB TRAINING SESSIONS AND GROUP RIDES

All information relating to training sessions can be found on the Club website. The website is now updated weekly, so information should always be current. The website address is: <http://www.northcoasttriclub.org.au/index.html>

THE TRAINING POST

As the season draws to a close the opportunity to meet and plan rides and runs etc with other Club members becomes a little more difficult. So let this post become the ears and eyes for all members. If you currently are part of a group that trains together and want more "members", please advise the editor and the post will be listed – Please include a contact name and number so you can be contacted for confirmation. On the other hand if you would like to start a group, let this also be your forum.

NOTICE BOARD

• FOR SALE - \$7300.00 “2006 Kestrel Talon Carbon Fibre Bicycle”

This bike has been built up NEW and was especially build for ½ Ironman, it has only been ridden twice since finished and due to owners injury (Nagging Wife) it will now be sold.

It features the following:

- 2006 Kestrel Talon Frame (Small)
- Kestrel Carbon Aero Seat Post
- 10 speed Durace (Including Rear Cluster and chain)
- Selle Italia SLR seat
- Look KEO pedals
- Profile CBX PRO Carbon Bars
- Brand New 2006 ZIPP 404 wheels.
- Vittoria Corsa Evo CX Tyres
- FSA K Force Carbon Stem.
- Zipp Carbon Bottle Cages

Replacement for this bike is \$8500.00. (The bike can also be purchased with Mavic Open Pro Wheels for \$5300.) For enquiries please email jgdix@bigpond.net.au or 0417437600

- **Customized DVD's of last years Busseton Half IM** (2005) are available for purchase at **only \$20.00 each**. The footage shows not only all the highlights of the race, but it also ***shows, announces and titles each North Coaster as they run down the finishing chute***. How good is that? A limited number of copies are still available, so secure your copy by ordering from David Norton at nortondo@bigpond.net.au or phone Hm 9246 4886