

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 20/2006

NEW POSTS

- Half IM [thank you](#)
- Out of the [Comfort Zone](#)
- [Cyclosporitif teams for this weekend](#)

ONGOING POSTS

- [Wind training for juniors](#)
- [TRYStars winter program](#)
- [Latest Club Calendar](#)
- [Entertainment Book Club Fundraiser](#)
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*******New Posts*******

HALF IM WRAP

From Kim Tyler-Lees.

I wish to thank everyone that volunteered for rego, you all made it run very well. Plus a special thank you to Ingrid Van Der Kuyl, Julie Davis and Deb Burge (cyclist for north coast femme fatale) and Lisa Whalley - all non members.

Great for me to finally meet Roger Stienkrug, Mark Sedgwick, Dallas Dunlop and Kevin Matthews don't be strangers again. To process 800 + individuals and 150 teams in 4 ½ hours was outstanding and you all were fabulous and very good humoured about it. North Coast raised \$500.00 for that job.

Thanks go to Dave Norton for doing the signs - great job again, they can be picked up from Kim if you want yours ph 93004946 (will soon be collectors items)

Uniforms prices and styles in next weeks "what's happening" - stay tuned

From the rest of the Club,

Thank you very much and well done to **Kim Tyler-Lees** for all her work in organizing the personnel and the rosters for the registration. Thank you also to her and hubby Robert, for taking down the Club Trailer and for "manning" (or should it be "personning") the marquee and BBQ. You guys rock.

GOING BEYOND THE COMFORT ZONE

From Nimal Wickramasinghe

The Busselton Half-Ironman turned out to be one of those races which defined why some of us do triathlon. There were so many great stories of individuals doing their first full half and great performances by all North Coasters that it was hard to take it all in. In the teams event too, we had North Coasters extending themselves and going way outside their comfort zone. An inspiring example is Susan Fearnley (yes, mother to the talented Fearnley girls). It was decided to put a woman's team in the half Ironman, and three women were available. Unfortunately, none of them could do the swim. Reluctantly and nervously, Susan volunteered to attempt. It was a very brave offer because at the time she was struggling to do 400m, and

this was taking her well over 12 mins. - how could she possibly last for the 1900m required. But, as we all thought there was no time limit, we decided it might just work. So since time didn't appear to be a factor all she had to do was make the distance.

And so training for the Busselton swim leg began. First with pool swims where her technique slowly improved but the pace stayed the same. She never quite got to the end of the set before time ran out, but time was not a factor so we didn't worry.

Onto ocean swimming. This was a challenge, as just getting her in the water when there were waves and wind, required some coaxing. But in she would go (eventually), showing determination, endurance and an improved technique. Slowly confidence was gained and with about 6 weeks to go she actually completed her first 2km non-stop swim in the ocean. Still slow, but she knew she could make the distance.

With a few weeks to go, we learned that teams in fact did have a swim cut off time, and it was only 1 hour. This was a problem as there was now a real risk she would not make the cut-off in the ocean, causing her team to be disqualified, especially if there was wind and waves. But this made her more determined, so she started regular ocean swims, even choosing afternoons to experience more rough water swimming. She still did not like rough conditions, but she would go in and complete 2km non-stop despite her nervousness.

Come the day, conditions were almost ideal for the swim, but the two laps looked a long, long way to go in the 1 hour permitted. But she did it, and came running out of the water to make sure that no one coming from behind passed her on the way into transition. That was until she turned around and realized there was no one behind her. She was the last out of the water, and probably received the biggest cheer of anyone for her swim.

Sue had certainly extended herself by doing something she had not though possible and went well beyond her comfort zone. She made the cut off and her team went on to record an impressive win over another North Coast team (which was the icing on the cake!!!!). Sue's swim time – 00:54:06.

There could be some challenges coming up for next year's event – we want Kimbo, we want Kimbo, we want

CYCLOSPORTIF UPDATE

The details of the first event are as follows:

Sur le Rivet à York

Sunday 21 May 2006 Start Time - 10.00am

Start & Finish; Close to Castle Hotel - Avon Terrace, York

York to Spencers Brook and return

Time Teams will start at 10.00am and depart at 2 minute intervals
Please note; The course is flat to undulating on quiet, sealed roads.

Meet at Castle Hotel - Avon Terrace, York
Attendance and nominations must be confirmed on the day

Ride Nomination **Nominations closed on Wednesday 17th May 2006**

Cost for Ride is \$25 per team member and includes a meal; Team Managers must nominate online for the whole team. Prior to the nomination closing date.

Teams entered are (1) "North Coast Junior Racing", (2) "North Coast Junior Development" and (3) "North Coast Parents off the Pace"

1. David Norton, Jade Turner, Micha Woodhouse, Neil Stummer, Steve Gleeson, Glenn O'Connell, Bradley Brown and Cameron Maher
2. Ashley Fearnley, Sarah Fearnley, Kate Vernon, Ellie Rice, Adele Richards, Elle Waterman and Erica Lori
3. Nimal Wickramasinghe, Denice Rice, Lindsay Richards, Peter Richards, Susan Fearnley, Kate Clark, Sean Neary, Anna Woodhouse, and Roberta Lori

See you all there 9.30 am on Sunday

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

JUNIORS – WINDTRAINERS FOR WINTER TRAINING

The club has purchased wind trainers which have been used for junior development during the season. They are now available to juniors for winter training until required again next season. So if you are a junior member, and would really make use of a wind trainer during the off-season, then the club would like to help you. There are two available, and if you believe you would benefit from the use of one over winter then send an email to nimal@iinet.net.au stating your reasons as to why you would like to borrow one. Submissions close at 5:00pm this Sunday. If there are more than 2 requests then we will judge the submissions to determine who will be allocated their use.

Regards

Nimal

NORTH COAST TRYSTARS WINTER PROGRAM. JUNE TO SEPT 2006:

Children attending a TRYstars activity must be accompanied by an adult. Please note venues and times may be subject to change. Members will be notified by email of any changes. If unsure, further details can be obtained from North Coast website, www.northcoasttriclub.org.au, and click on TRYstars. Anyone requiring further information please contact Kim Tyler Lees, North Coast membership coordinator – 9300 4946(h), 0419 025 881(m) membership@northcoasttriclub.org.au

Any TRYstar over 12 years of age may compete in the Junior/Novice Races. Speak to the race director on the day.

DATE	TIME	PLACE	ACTIVITY
SUN 11 th JUNE EVENT 1	8am	Honeybush Drive, Edgewater.	REGISTRATION 7.30am EVENT START: 8am Run/Bike/Run Distances set as appropriate for the ages and ability on the day. Fun event followed by spot prizes. Must be a member to participate.
SUN 25 th JUNE EVENT 2	8am	Honeybush Drive, Edgewater.	REGISTRATION 7.30am EVENT START: 8am Run/Bike/Run Distances set as appropriate for the ages and ability on the day. Fun event followed by spot prizes. Must be a member to participate.
SUN 2 nd JULY EVENT 3	8am	Honeybush Drive, Edgewater.	REGISTRATION 7.30am EVENT START: 8am Run/Bike/Run Distances set as appropriate for the ages and ability on the day. Fun event followed by spot prizes. Must be a member to participate.
SUN 16 th JULY EVENT 4	8am	Honeybush Drive, Edgewater.	REGISTRATION 7.30am EVENT START: 8am Run/Bike/Run Distances set as appropriate for the ages and ability on the day. Fun event followed by spot prizes. Must be a member to participate.
SUN 30 th JULY EVENT 5	8am	Honeybush Drive, Edgewater.	REGISTRATION 7.30am EVENT START: 8am Run/Bike/Run Distances set as appropriate for the ages and ability on the day. Fun event followed by spot prizes. Must be a member to participate.

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 EVENTS CALENDAR UP DATED 17.05.2006

The latest calendar is now available on the Club website. The website link is <http://www.northcoasttriclub.org.au/index.html>

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.

" CYCLO SPORTIF" CALENDAR

Event dates

Date	Location	Nominations Close	Distances	Start Time	Other
21/05/06	York	15/05/06	79 and 54 km	10.00am	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

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 robles@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.northcoastriclub.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 your name and phone number so you can be contacted for confirmation etc. On the other hand if you would like to start a group, let this also be your forum to get out the message.

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 igdix@bigpond.net.au or 0417437600



(Please send any news, information, items for sale etc to nortondo@bigpond.net.au if you would like it posted on this electronic mail forum)

If you would like to stop receiving these bulletins please send this advice in an e-mail to nortondo@bigpond.net.au (the sender) the bulletin is intended for current North Coast Triathlon Club members (primary & secondary) and their supporters. Non current members will however continue to be mailed until the end of December of each current season (while they're deciding whether to rejoin) unless cancellation advice is received earlier by the sender.

David Norton