

NORTH COAST TRI CLUB

“WHAT’S HAPPENING” BULLETIN, WEEK 21/2006

NEW POSTS

- CPOTY – [your vote counts](#)
- [Cycloportif](#) – The York Report
- [Presentation Dinner](#) details
- [UBD Duathlon Series](#)
- [Notice](#) board – change to price of Kestrel bike

ONGOING POSTS

- [TRYStars](#) winter program
- [Latest Club Calendar](#)
- [Entertainment Book](#) Club Fundraiser
- North Coast [Women’s Triathlon Course](#)
- [Cyclo Sportif](#) calendar
- Club [committee opportunity](#)
- Club [training](#)
- The [Training Post](#)

*****New Posts*****

YOUR CHANCE TO VOTE FOR CLUB “PERSON OF THE YEAR”

At the presentation dinner every year the Club likes to recognise the individual or individuals that have made a significant contribution to the successful running of the Club over the immediate past season. Below is the charter of the award. Please show your appreciation of the various individual contributions and make the effort to vote.

Send your nomination to The Club President Nick Phillips at this email address Nands@inet.Net.Au . Include the individual's full name and a comment if possible. The comments do make interesting reading during the presentation - humorous insulting or other. The voting is kept confidential until presentation night by the President (who is precluded from the award) with him being the only holder of the information.

A maximum of 3 nominations per member will be accepted. Mark the subject of your email “CPOTY”

The club person of the year will be the member or supporter who was the most involved in club activities – competition and/or in other areas, for the season 05/06. This person will have given of their time and or services generously in the cause of ensuring the smooth running of Club and or events. They will have had the interests of all members at heart - often at the expense of their own. This person does not have to be a competitive member, or even a member. But as family of a member or a keen supporter and helper in our activities, they also qualify for this prestigious award.

The club president who presides over the award shall not be eligible for nomination.

CYCLOSPORTIF REPORT FROM YORK

York finally came around and is now just a memory – and in some cases a little stiff and a little sore memory. Well done to all that took part in this first event of just under 60ks. If you were surprised at how tough it turned out to be, well don't be – most of you haven't ridden that far with non stop pedaling before. You were in the saddle for just under 2 hours and there were no traffic lights or stop streets to give you a break, so you had to work non stop the whole time. With that ride behind you, you will all be better for the experience and mentally tougher the next time round.

Another factor to consider was your energy levels. Most of you would have had breakfast at around 7.30am and then didn't race until 10.30, so by race time your fuel levels would have dropped very low. It is therefore very important to refuel your body at around 1 hour before race start, and then top it up with an energy bar just before the start. If your ride is around 2 hour duration as it was on Sunday, then more fuel halfway through the race would also be good idea. Follow that eating plan and you will feel much stronger during the ride. Also don't forget to drink – you should have drunk at least 1 full bottle during the ride – this being over and above what you drank before and after the race.

Nimal and Dave would like to shuffle the 2 junior teams around a little for the next race. Give experience to some of the development riders by putting them in the racing team and giving some of the racing team some leadership roles by getting them to ride with the development team. Particularly as Hayley won't be available for the next race, the development team will need some guidance.

Other North Coasters that were seen “cycloing” amongst the hayfields were Di Scott, Tracy Ober, Bill Whalley, Benny Edwards-Rapley and Sean Neary. Did we miss anyone?

Race Reports:

Junior Racing Team: - Adele Richards, Elly Waterman, Elly Rice, Sarah Fearnley, Ashley Fearnley, Hayley Norton and Kate Vernon.

What a great bunch of guys you all are, and the effort everyone put in was amazing. Talk about quiet achievers – mind you it doesn't have to be all work and no play. Thanks to the only red shirted member of the team, who we referred to as the "fireball" Kate Vernon because of her idea of a getting a sing-a-long happening during the ride – keep it up, the idea was great.

What we learnt from the ride was that we must look after each other more – that means, being patient with the slower members of the team. We must mentor them - teach them how to draft, talk to them and encourage them – its all about giving them confidence in their ability and showing them how to ride to that ability.

Unfortunately I might have to work on the day of our next ride, but I look forward to riding with you all again in the near future. Keep up the good work.

Hayley

Junior Development:; Jade Turner, Erika Lori, Micha Woodhouse, Cameron Maher, Steve Gleeson, Bradley Brown, Neil Stummer and Dave Norton.

When we finally got our team together we were a little rushed, so headed off into the ride without discussing any tactics. We maybe started off a little too fast, but soon settled into a nice rhythm. The team did work well together, and a special thanks to Neil for giving Steve so much help (like pushing him most of the way back). Steve when Neil is old enough, you'll owe him a beer. Everyone took his or her turn at the front and at times we looked quite classy as we raced along in paceline formation.

The team presented well – thank you for all taking the trouble of wearing yellow cycle tops. Our next race is in Chittering on June 10th and Erika the good news is, I've checked the schedule your mum gave me and you won't be overseas at that time, so we can look forward to you being part of the team again.

Keep fit
Dave

Parents off the Pace: Nimal Wickramasinghe, Peter Richards, Lindsay Richards, Anna Woodhouse, Sue Fearnley, Kate Clark, Geoff Maher and Denise Rice.

No report received – it will be published next week if submitted.

PRESENTATION DINNER

The event is a buffet dinner, followed by tri club awards presentations there will be music for dancing. It is neat casual dress, drinks at the bar.

Date 8 July 2006
Time 6.00 -11.00 pm
Place Hillarys Yacht Club 65 Northside Drive, Hillarys.
Price \$ 40.00 each adult member and partner
\$ 25.00 each junior up to 19 years and if they wish to bring a partner it will be \$ 40.00
and non members \$55.00 each

Payment credit card, cheque, postal note or cash

Post to: Kim Tyler-Lees, 7 Baroola Place, Ocean Reef. 6027. or phone details through to 9300 4946 or 0419 025 881

UBD DUATHLON SERIES

First task is the cleanup

Busy bee at Honeybush Drive Edgewater **Saturday 27 May at 3.00pm**. Bring a spade or hard bristle broom or even a blower vac – and you'd be a real hero if you bought a bobcat.

Then the racing can start

Duathlon dates June 11th & 25th, July 2nd, 16th & 30th

Series prices seniors	\$35.00 includes t shirt
Single races	\$ 8.00
Juniors series	\$20.00 includes t shirt
Single race	\$ 5.00

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

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

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 roblees@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 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 - \$5300.00 "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
- Mavic Open Pro Wheels
- FSA K Force Carbon Stem.
- Zipp Carbon Bottle Cages

Replacement for this bike is \$6500.00. For enquiries please email Graeme Dix at jgdix@bigpond.net.au or phone 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