

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 22/2006**

### **NEW POSTS**

- UBD **Duathlon Series – entry forms**
- The **Training Post** Wednesday evening running
- **Focus on technique** – the winter swimming program
- More **reports from York**
- Wanted a - **Slower Adult "B" team** for cyclo Sportif
- **New Club Racing Gear** - you help make the choice
- **North Coast Table** – TWA Presentation Dinner
- **Destination Dunsborough** – Anaconda Adventure Race

### **ONGOING POSTS**

- **Presentation dinner**
- **Club Person Of The Year** - make your vote count
- **TRYStars** winter program
- **Latest Club Calendar**
- North Coast **Women's Triathlon Course**
- **Cyclo Sportif** calendar
- Club **committee opportunity**
- Club **training**
- **Notice** board

## **\*\*\*\*\*New Posts\*\*\*\*\***

### **UBD NORTH COAST DUATHLON SERIES**

Please go to the Club website <http://www.northcoasttriclub.org.au/> for entry forms, print off the entry and disclaimer – it will save so much registration time if you have it already completed when you get to the races.

### **THE TRAINING POST**

Every Wednesday evening at 6.00pm a run session is held at the Sorrento Surf Club. You have a choice of courses to run – ranging in distance from 4ks to 11ks. Louise Millar from the Surf Club runs the sessions and times each individual's run and records it for you to check on your improvement over the winter. Just be there by about 5.55pm and introduce yourself to Louise (the woman with the stopwatch) and tell her you are from North Coast and she will make you welcome. Always bear in mind that we are participating as guests of the Surf Club, so please express your appreciation to Louise. On most evenings the Club bar is open and a coldie goes down very well after the run.

As the Tri season is now over 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.

### **SWIMMING – THE WINTER PROGRAM**

Throughout the winter the focus of the swimming program will shift towards stroke development and core strength building. The off season provides an ideal time to take things back to basics with the goal being to have the swimmers swimming more efficiently before heavier training commences later on in the season.

Winter is also a great time for new members to commence training. Not only will you have your stroke corrected, you won't need to swim fast or well either. In fact swimming fast will be discouraged!

Training runs from 7 until 8 on Tuesday nights and is \$5 per session plus pool entry.

James Harris

### **CYCLOSPORTIF RACE YORK REPORT – PARENTS OFF THE PACE**

We had nine riders for the first race at York as follows:

|                |                |                  |
|----------------|----------------|------------------|
| Nimal          | Peter Richards | Lindsay Richards |
| Susan Fearnley | Anna Woodhouse | Sean Neary       |
| Geoff Maher    | Denice Rice    | Kate Clark       |

The course was undulating with no really steep hills, but there was a headwind on the way out which challenged some of us. But I am pleased to report that all of us made the distance of about 55 kilometres. I am even more pleased to report that we were not the slowest team, so we have overachieved in our first event. Susan found the pace to her liking and would have been happy to do the longer distance, and Peter still looked fresh at the end, so we will have to put them both on the front and make them work harder.

The surprise package of the day was Lindsay, who I did not expect to keep up with the leaders, but she showed she was made of sterner stuff and wasn't going to let anyone leave her behind. She's earned her place in the fast team (see below). Kate and Denice maintained a steady pace, and saw it through to the end. But Kate did have thoughts that were not too kind about Dave Norton who persuaded her to do the event.

This was our first ride with Sean, and he also earned his place with the faster team. Geoff is an inspiration, as he not only wins best bike (his bike looks outstanding!), but he persists. He drops back a bit on the hills, but once at the top he is right there with the pack again. Riding with someone like Geoff is what this type of event is about, and it is good for you.

Another highlight of the day was the Junior Development team passing us. We could hear them coming from 300m away as they were singing (Queen's 'We are the Champions') very loudly - I suppose to make a point as they went by. Of course we were simply waiting for them, and we are going to stick to that story.

We would like to split into two teams, a fast team and a slow team. If we can get some more riders to join we should be able to form two fun teams, both very social, but averaging different speeds. See notice in this email, and please join us as it was FUN and everyone wants to do it again.

Author: Nimal Wickramasinghe.

And...

York Cyclosporitif – Parents Group Article

As a fashion statement, it was a poor effort. All dressed in Lycra I took my bike out of the car and wheeled it nervously to the marshalling area for what was to be my first official bike race. I soon located our captain, the endlessly cheerful Nimal, and the remainder of the parents group for the first Cyclosporitif event of the season. Fortunately my dress roughly fitted in, with our team uniform being loosely based around everyone wearing something yellow. Being a first timer, the purpose of this article is to summarise what I learned from the event (potentially to serve as a guideline for others considering joining a team and a reminder to the more experienced cyclists of what they now take for granted).

We started the day with a briefing from Nimal on the tactics and etiquette and riding in groups. Nimal explained to us that having the whole group riding behind each other in a straight line was the streamlined and therefore most efficient way to proceed. Others suggested that riding in a straight line across the road would be a more social and therefore enjoyable way to proceed. It was an early indication of the different expectations that our group members had brought to the event.

Our team was marshalled and we set off – a wobbly yellow line snaking into the York countryside. As Nimal had instructed, we each took turns spending time in the lead. And soon enough the rider ahead of me peeled off and I became 'first wheel'. Achieving 'first wheel' status had remarkable side effects: my pride swelled and my legs pumped harder (with seemingly no effort). But pretty soon I was tired and the group was hopelessly strung out along the road. It was an early lesson that riding first wheel was something very different to leading the group.

As the ride continued I formed the opinion that, counter intuitively, the leadership of the group best came from those riding towards the rear. This is because the last rider is in the best position to see how each rider is faring and can provide quick and useful feedback to those in the front. So whilst the first wheel provides the engine, the last man is the driver.

The next thing that I learned was the inadequacies of my training regime. I prefer to organise a few hills on my training rides, which provides some elements of both interval training and the 'macho moments' that are key components of any amateur athletes training programme. However the York track was long and flat. Riding in our group we kept a strong and consistent pace, which meant constant pedalling. How I yearned for a hill – not because I fancied riding up, but I was dearly looking for any opportunity to stop pedalling and roll down the other side. So whilst my aerobic fitness held out, my legs became sore and my backside ached.

By this stage the ride had become long and tedious. By the latter stages of the race, we had become more comfortable riding as a group. We no longer had to focus on the technical aspects of team riding. However subtle changes were emerging. Our 'attacks' at the front lacked their early venom. The focused looks on our faces were replaced with more flippant banter. We had reached that stage in an endurance event where we were no longer racing, but had refocused on finishing. Only Nimal remained the same – cheerful to the end.

We pulled back into York to cross the finish line. The sore legs and aching back were soon forgotten. We started to discuss the next event. And to cap it off I started to think, maybe I do look good in Lycra.

Author: Sean Neary

## **WANTED – SLOW RIDERS**

The adult team for Cyclosporitif would like to split into a fast and slow group. We really, REALLY need some slow riders to help form the slower team (but if you are a 'fast' rider you will still be welcome). So if you are new to cycling, or have hesitated joining in because you thought every one else was too good, then this is your opportunity as we would LOVE to have you join us. So all those non-riders, or riders who have not had the confidence yet to join in, COME ON, this is your chance to have some fun and learn group riding in a fun atmosphere. We are FRIENDLY and will help you learn to ride with a group, so please email Nimal at [nimal@iinet.net.au](mailto:nimal@iinet.net.au). See later in "What's Happening" for the event dates and locations.

## **NEW CLUB RACING GEAR YOU CHOOSE**

Below you will see two different sets of Club colours/styles that we have to offer. Type 1 is using the existing colours with an extended range. Type 2 is a completely new graphic to cover the existing and proposed extended range. We are referring here to Tri singlets/crop tops, men's bathers, IM racing tops and all in one trans suits - **there is no plan to change the current Club yellow cycle top.**

\* **Please ignore the Club and Sponsors logos on these samples – these will be updated for the new range.**



**CANNIBAL**  
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PLEASE NOTE THAT THIS DESIGN IS BASED ON A MEDIUM SIZE GARMENT AND WILL VARY SLIGHTLY WITH EACH SIZE CHANGE

Type 1



**CANNIBAL**  
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Type 2

PLEASE NOTE THAT THIS DESIGN IS BASED ON A MEDIUM SIZE GARMENT AND WILL VARY SLIGHTLY WITH EACH SIZE CHANGE

Please have your say by emailing the following address and nominate simply, either Type 1 or Type 2. [kimtlees@bigpond.net.au](mailto:kimtlees@bigpond.net.au) . You can just put your response in the subject line of your email.

## NORTH COAST TABLE AT TWA PRESENTATION DINNER

The following members will be receiving a trophy at the TWA Dinner for an age group placing in the TWA "Triathlete of the Year" awards. If any of you would like to be part of a North Coast table at the dinner, please let Dave Norton know (9246 4886 or [nortondo@bigpond.net.au](mailto:nortondo@bigpond.net.au)). The Awards Dinner is not just for Awards winners though so make sure you let me know if you are keen to come along and be part of what promises to be a great night. Tickets need to be purchased by June 7th for the dinner which is on 17<sup>th</sup> June.

Lajos Varga, Sandy Crowe, Kerrie Smith, Ben Jarvis, Kate Kelly, Leigh Willison, Sue Scott, Robyn Scott, Dianne Scott, Barry Silverlock, Loretta Wesley, Paul McSweeney, Dave Norton, Kyra Flynn, Melissa Brown, Bradley Brown, Jonathan Franklin, Sarah Rafty, Katelyn Vernon and Jake Ober

## DESTINATION DUNSBOROUGH (THE ANACONDA ADVENTURE RACE)

There does seem to be a much talk around the Club about participation in this exciting event. Presuming it's simply not all talk, it's time to start planning – particularly the training aspect of the paddling and the mountain biking. If we can form a training group it would help us enormously on our journey.

Reece Baker who is a good friend of Club member Hayley Norton will give group paddling lessons for a small fee – Reece is a National junior elite paddler (has won the Avon double kayak). If anyone is interested please contact Dave Norton (9246 4886 or [nortondo@bigpond.net.au](mailto:nortondo@bigpond.net.au))

By the way Reece is looking to enter a team with the aim of **winning that category** – he is looking for a swimmer, runner and rider with the same ambition – needless to say he has the paddling covered. So if you have what it takes to head for the big time let Dave Norton know and he'll put you in touch with Reece.

For race details visit - <http://www.rapidascent.com.au/asp/WADescription.asp?e=6>

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

## 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, WA 6027. Or phone details through to 9300 4946 or 0419 025 881

## 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](mailto: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.***

## 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](http://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](mailto:membership@northcoasttriclub.org.au)

## CLUB EVENTS CALENDAR UP DATE

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  |
|-----------|------------|-------------------|--------------------------|------------|--|
| 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](mailto: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>

## 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](mailto:jgdix@bigpond.net.au) or phone 0417437600



(Please send any news, information, items for sale etc to [nortondo@bigpond.net.au](mailto: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](mailto: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*