

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 32/2006

NEW POSTS

- **North Coast AGM** this Sunday – have your say
- The **Wild West Bike Tour** - do you want to be a part of it?
- How to **order your new style Club racing gear orders close in 1 week**
- North Coast **Women's Triathlon Course** – **all the details**
- **The Saturday 7.00am "Easier" ride** – this week, **Lake Jandabup** – see map in Bulletin
- Riders still wanted for - **both Adult teams** for cyclo Sportif

ONGOING POSTS

- **Lancelin** update – **only limited shared accommodation left**
- **Destination Dunsborough** – Anaconda Adventure Race
- **Renew membership** - online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post** Saturday morning paddling
- **Latest Club Calendar**
- **Cyclo Sportif** calendar
- Club **committee opportunity**
- **Notice** board

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

THE CLUB AGM IS THIS SUNDAY - TRY TO BE THERE

North Coast Triathlon Club will be holding its Annual General Meeting **THIS COMING SUNDAY** (on 13th August 2006) commencing at 3.00pm sharp.

At this meeting all standing committee members are required to stand down and a new committee will be elected. While some of the current committee will make themselves available for re-election there will be others that won't, thus there will be some vacancies. This is your opportunity to step up and contribute to the running of your Club – it is very rewarding, especially when you see the results of your endeavours and receive the other member's appreciation for your contribution. Even if you are not familiar with committee procedures, you will be mentored until you get comfortable in the position.

For the official AGM notice please look for the information on the Club website: <http://www.northcoasttriclub.org.au/> Also for committee member nomination forms and for committee member job descriptions please also look for the information on the Club website.

THE WILD WEST BIKE TOUR IS NOT FAR OFF

North Coast traditionally enters a few teams in this event. We are the defending champions of the inter Tri Club Challenge division of the race, so would like to put together one of the teams as one capable of holding onto the trophy. The other teams are entered on a more social basis. Eddy Girvan already has a team, Dave Norton will be putting together a junior team and at this stage Mal Walker will coordinate the compilation of the racing team. If the interest is great enough we will even enter a fourth team. The event is over the long weekend of Sept 30th & Oct 1st.

If you are interested if joining in please contact Dave Norton at nortondo@bigpond.com or call 9248 4886 (evenings & weekends only)

For details on the event please visit this website. <http://myweb.westnet.com.au/wildwest>.

HOW TO ORDER YOUR CLUB RACING GEAR.... LAST WEEK

Please print off the order sheet below and once it has been filled in correctly please send it to Merredith Douglas **making sure to include your deposit**. Please contact Merredith Douglas at doughawky@bigpond.com or on 9301 0395. If you have any questions or would like to try on sample gear for sizing. Cannibal is making the product, so you can try on their gear for sizing at any shop carrying that product. Or visit the Cannibal website for their sizing chart at <http://www.cannibal.com.au> Look for the product you intend to buy and then click on the size chart for that particular item.. Simple!

ORDER FORM

sample

Garment	Price	XS	S	M	L	XL	XXL	TOTAL
IDS Top	\$65			1				\$65
Running Singlet	\$40			1				\$40
Men's Swimmers	\$35		1					\$35
Uni gender fatigue shorts	\$65			1				\$65
Women's 2P Top	\$35							
Fast Tran	\$140							
							TOTAL	\$205
Name	Peter Jackson					Deposit (min 50%)		\$105
Address	49 The Avenue, DUNCRAIG					Balance to pay		\$100
Phone						9248 2744		

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

WOMEN IN TRIATHLON COURSE - STARTS OCTOBER 21ST - TELL A FRIEND

VISIT THE CLUB WEBSITE FOR FULL COURSE DETAILS. www.northcoastricclub.org.au

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 commencement of the course will be 21st October 2006 and culminate at the Rockingham Triathlon on December 17th.**

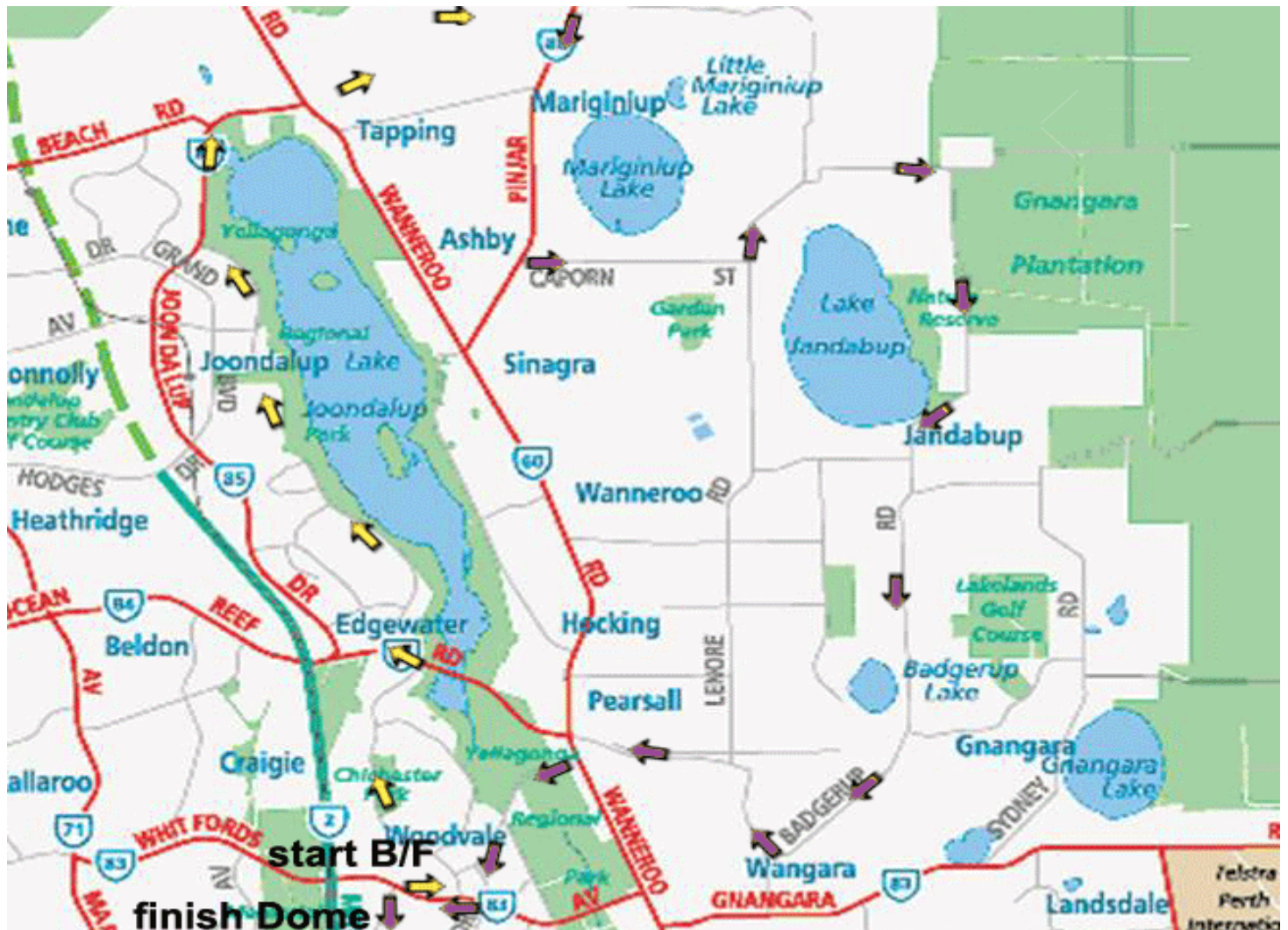
All three disciplines will be comprehensively covered with one session each a week (8 week duration) – Swimming on Tuesday evenings @ Arena Joondalup (7.00pm), Running on Thursday evenings @ Flinders Park, Hillarys (6.00pm) and Cycling on Saturday mornings from Bikeforce Woodvale (6.30am). For expressions 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

THE 7.00AM RIDE IS LATER, LIGHTER, SLOWER, SHORTER & VARIED

Want to sleep in a little later, only start riding once it's already light and at a slower pace, plus cycle no more than 40-45ks and ride a different route every Saturday? If that's what you're after then be at Bikeforce Woodvale Saturday morning's 7.00am. Juniors are encouraged to join this ride, as you will be taken care of. This ride proved very popular last year as it gave the less serious winter riders the chance to maintain fitness without the pressure of trying to keep up with the competitive groups. If you would like any more information please contact Dave Norton at 9246.4886 (evenings & weekends only)

Please note this ride does not replace the 6.30am ride. This Saturday - "Lake Jandabup"

The road around Lake Jandabup is excellent for practicing some paceline riding. The arrows mark the proposed route, but this might vary slightly on the day depending on the time factor. We would like the ride to last approx 1hr 45mins.



WANTED - MORE RIDERS FOR ADULT CYCLO TEAM

The adult team for Cyclo Sportif 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. See later in "What's Happening" for the event dates and locations.

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

FINALIZING THE CLUB WEEKEND IN LANCELIN

Yes folks it's on again the North Coast Triathlon Club Lancelin 200 weekend.

The accommodation is filling fast – only shared accommodation left. If you still want to be there, please ring Meredith ASAP

This year it will be on the weekend of the 16th September 2006. As with other years we will leave from Meredith Douglas & John Hawkins house in Joondalup early Saturday morning. Ride or drive up and stay at the Lancelin Lodge Back packers then return Sunday morning back to Joondalup. The distance is around 108km each way for riders and we stop at the half way mark at Woodridge Park for about 10 minutes for a water bottle refill and pit stop. You can do the full 216 km, just do one way either up or back, half way if you wish, (providing you pre organise your lift) or just come up and join us at Lancelin, it doesn't matter the main aim of the weekend is family participation. For riders we will have someone with a car to take refreshments to the half way point, carry your mobile phones so if you break down we will organise to get you there. We can get your gear taken up for you by car. On Saturday we will leave in two groups with the more leisurely group leaving 20-30 minutes before the serious bunch at around 6.30am. (We may even split to 3 groups)

If you are interested please contact Meredith Douglas [<mailto:doughawky@bigpond.com>] or on 9301 0395.

We will have to have numbers finalised by the 8th September. The cost of accommodation is \$20.00 per person for dormitory style, which includes GST (there are a limited number of family rooms available at \$80 max 2 adults 3 kids or doubles at \$50)

Cutlery and linen is supplied. You just have to bring your towel, clothing and food. We will have a jumbo roast dinner on the Saturday where the meat will be provided by the club, salads and sweets we will get everyone to bring something to complete the feast. This year we really want to promote getting together as a club, riding is just an optional extra for the weekend.

Commitment means we ride rain, hail or shine and if we book we have to pay for that booking. With the family rooms we will be looking to give those to the families with younger ones and those families of 5 first. We can accommodate about 60 people; once we get past that you may have to find your own accommodation.

It looks like there will be an **IM contingent** that will ride straight to Lancelin without the Woodbridge stop and do a 10k bric run straight off the bike – will keep you madmen posted.

DESTINATION DUNSBOROUGH (THE ANACONDA ADVENTURE RACE)

TEAM POST

Anyone wanting to compete as part of a team please have your availability registered here.

SWIMMERS

I would be interested in entering the anaconda race doing the swim leg. 2km would take me between 32-35 mins. I did 5km in 75mins last year. Please contact me. **Ashleigh Davis** 9301 2890

RUNNERS: Sue Libbis?

MTB I joined North Coast Tri club around the start of the year with the aim of training for Adventure Racing, which is really what I want to be doing. Unfortunately my roster hasn't allowed any competition with the club yet (I'm still working up north, 9 days on five days off). I've been doing scratch triathlons with mates around Perth on Saturdays as well as a fair bit of running. I would be very keen on some paddling sessions; I haven't kayaked seriously for over 10 years.

Also, as far as Anaconda goes, I was aiming on doing the event Solo but if Reece were still looking for teammates my strongest leg would probably be MTB. Needless to say I would be willing to train my absolute but off to ensure I was ready to compete at a winning level. I've been living up North for the last four years to don't have a lot of competition experience but have done a lot of cycling both touring and off road.

Look forward to hearing from you,

Richard Haynes can be contacted at: Richard.Haynes@bigpond.com

Nick Forster

KAYAK: still needed

There does seem to 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.

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

RENEW MEMBERSHIP

The online join up facility is now up and running (correctly), so follow this link to become a "North Coaster" again. <http://www.triwa.org.au/member.htm#6>

CLUB YEARBOOK NOW AVAILABLE

CLUB YEARBOOK. For a summary of all Club activities including full event/series results, Club records, membership register and office bearers for the season 2005/06 - the yearbook can be read on the Club website by clicking <http://www.northcoasttriclub.org.au/archives.htm>

A full colour hard copy of the yearbook is also available simply by sending a prestamped and addressed C5/A5 envelope to NCTC PO Box 556, Hillarys WA 6923. These will only be available while stocks last – mark your envelope “Club Yearbook”. It will also be available at the next few Duathlons.

THE TRAINING POST

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.

- Paddling Saturday mornings 11.30am Hillarys Marina – boat ramp beach. Various groups, varied distances and a range of competencies. Anaconda hopefuls – this is for you, but anyone else is welcome. Bring your own wave ski or kayak.
- 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 our 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.

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>

CYCLO SPORTIF CALENDAR

Event dates

Date	Location	Nominations Close	Distances	Start Time	Other
6/08/06	Pinjarra	31/07/06	75 and 45 km	9:30am	Testing but plenty of downhill on return Meet at Premier Hotel, William Rd, Pinjarra
3/9/06	Pickering	28/08/06		TBA	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	TBA	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, and processing credit card receipts. All record keeping is set up on a very simple computer cashbook, 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>

NOTICE BOARD

(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 email 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 the sender receives cancellation advice earlier.

David Norton

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Please call Dave for all your scaffolding needs