

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 35/2006

NEW POSTS

- **North Coast AGM** presidents report
- **The Saturday 7.00am "Easier" ride** – this week, **Ziatas Road** – see map in Bulletin

ONGOING POSTS

- The **Wild West Bike Tour** picking a **JUNIOR SQUAD**
- New Club calendar includes **Aquathlon & Max Grieve dates**
- **Wild West Bike Tour** - do you want to be a part of it?
- North Coast **Women's Triathlon Course** – the dates
- Still wanted riders for a - **Slower Adult "B" team** for cyclo Sportif
- **Lancelin** update – **only limited shared accommodation left**
- **Renew membership** - online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post**
- **Latest Club Calendar**
- **Cyclo Sportif** calendar
- **Notice** board

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

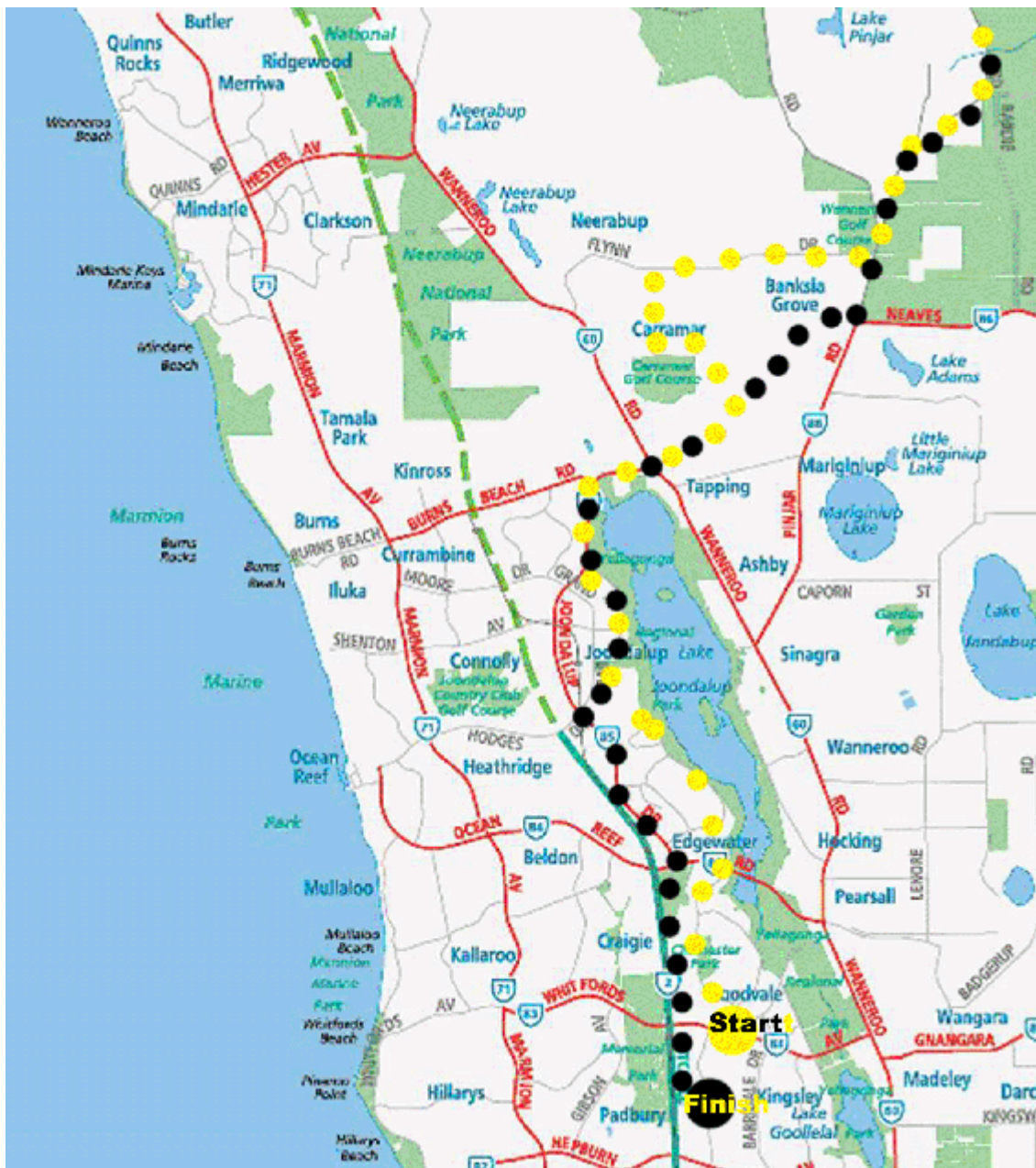
THE CLUB AGM.

For the president's report and Nick's life member proposals now on the Club website front page under "AGM report 2006"

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 - "Ziatas Road"



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

WILD WEST BIKE TOUR - PICKING A JUNIOR DEVELOPMENT TEAM

Every year North Coast Ti Club enters a variety of teams in this Fun, but Challenging event. The usual format is an "A" and a "B" team with the addition last year of a ladies team.

Please read the event document re the event (visit this website <http://myweb.westnet.com.au/wildwest/>) after reading this proposal. Things to bear in mind are: Although it's a 2 day 5 stage tour covering just under 300 kms, no single rider does anywhere near the whole distance. To give you an example – the team has to have at least 1 rider on the road at all times during the stages and if that's all we did, each rider would only be riding a total of 42 Kms over the whole 2 days (hardly worthwhile). The way we do the ride is usually with 3 on the road at one time riding as a team, while 4 rest up in the support vehicle. After 20 minutes 2 come in and 2 go out and so we rotate for the whole of each stage. Riders feeling stronger won't go faster they will just stay out longer. I would imagine the weaker riders will end up doing around 100ks and the stronger as much as 200ks. One final point is that I have done this particular tour 4 times and it has become one of the highlights of the year – it also means I have a fair amount of experience in how to manage a team in a "tour". We are accompanied at all time by a support vehicle that tows a specially racked trailer, so that resting riders will have their bike well racked while they have their recovery breaks. Non participating parents are welcome to tag along as part of the support group

The logistics: We travel up to Geraldton on the Friday afternoon of Sept 29th and spend the night in Geraldton (we will organize a group booking for accommodation) the "race" starts early on the Sat morning and the first stage ends at lunch time. After lunch, stage 2 takes us through to Kalbarri. Again we will organize a group booking for accommodation. Sunday has 3 stages starting with a 65km "Dash for Cash" which also incorporates a King & Queen of the mountain. This K & Q part being the first in each gender to crest the 5km hill out of Kalbarri. I would encourage a few of our juniors to have a crack at the King & Queen of the mountain, especially the girls. Stage 4 is neutral so its just a cruise to get the whole group to the start of the 5th and final stage. It seems to be tradition that some of the support people take this as an opportunity to have a ride in this neutral stage. So supporting but non eventing parents that have got room to pack their bike, get to ride about 45 kms in this 4th stage. After lunch its stage 5 that gets us back to Geraldton. That night is a big presentation dinner that is included in the cost of the entry. Mostly we drive back to Perth on the public holiday on Monday, although some folk do go home on the Sunday night. Again for those that stay Sunday night we organize group accommodation.

The Costs: Race entry is \$50.00, accommodation if well organized will be as little as \$35 per head per night. Team members also pay an extra \$50.00 to cover support vehicle petrol and team lunches on Saturday & Sunday plus BBQ Saturday night and all drinks and food on the support vehicle during the actual race. Supporting parents can put in \$20.00 to be part of the meals. Please bring your own breakfasts and you will need to provide your own supper on the Friday night (bring a pasta dish that can be warmed up in your hotel room)

My proposal this year is that by putting together a junior team we will also give some of the keener parents of these juniors the opportunity to blend into one of the senior teams. The Ladies team with Robyn Scott as leader still has some spots and I think along the lines of Sue Fearnley and Anna Woodhouse fitting into the ladies team very nicely. Of the fathers Steve Waterman and Peter Richards immediately come to mind as being more than capable of holding their own in the men's "B" team. It is not essential that the parents of every member come on the trip – there will be enough adult supervision to chaperone them. We could even consider a new mixed gender parents team as per the Cyclo Sportif arrangement.

That brings me to the possibles for the development team. In no particular order the following could all benefit from the experience;

Erika Lori (not Available)
Sarah Fearnley (not Available)
Ashley Fearnley (not Available)
Micha Woodhouse
Adele Richards
Jade Turner (not Available)
Ellen Waterman
Kyra Flynn
Glenn O'Connell
Steve Gleeson
Neil Stummer
Bradley Brown
Cameron Maher
Mike Lori

If any other Club junior feels they would like to be considered, please contact Dave Norton (details below)

Bearing in mind that the team can have a maximum of 7 riders only, and as there should be a senior rider to accompany them (Myself) that leaves 6 places from all of the above names. With that in mind we would give preference to those whose parent/s would also like to be in one of the teams. That basically gives first option to Sarah, Ashley (Parent Sue) Micha (parent Anna) Adele (parent Peter) Ellen (parent Steve) and Cameron (parent Geoff)

In the mean time please let me know if you would like to be part of this "tour" weekend. At this stage I just want names of those interested so that I know whether we have the numbers to start the ball rolling. Any parents that have been omitted but feel that they would like to make up a team please get back to me. Already Roberta Lori has shown interest which means that Lindsay Richards and Denise Rice should think about it as well.

If you would like any more information? Just call me.

Dave Norton Wk 9209 3550 Hm 0246 4886

CLUB EVENTS CALENDAR UP DATED – AQUATHLONS & MAX GRIEVE

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

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>.

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

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](tel:93010395) 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.

WANTED – MORE RIDERS FOR ADULT CYCLO TEAM

The adult team for Cyclo Sportif would like to split into a fast and slow group. We need some riders to help fill both categories. 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@inet.net.au. See later in "What's Happening" for the event dates and locations.

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.

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 bric run straight off the bike – will keep you madmen posted.

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.northcoastriclub.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.

CYCLO SPORTIF CALENDAR

Event dates

Date	Location	Nominations Close	Distances	Start Time	Other
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	6/11/06	40k circuit, 1 or 2 laps	TBA	Course is undulating Meet at Dardanup Hall, Ferguson Road

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>

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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