

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 38/2006

NEW POSTS

- North Coasters @ **Schools Cross Country Nationals at last**
- **The Saturday 7.00am "Easier" ride** – this week, **Marshall Road** – see map in Bulletin
- North Coaster **Anaconda register** – **lots of updates. GOOD LUCK TO YOU ALL!**
- Be a **kayak handler** at the Anaconda
- **What Raf thinks** of our Club Duathlons
- **Notice** board – road bike wanted

ONGOING POSTS

- **Wild West Bike Tour** – only one Club team entered
- **Tour de Zig Zag le femme** ladies pink ribbon day ride
- New Club calendar includes **Aquathlon & Max Grieve dates**
- North Coast **Women's Triathlon Course** – the dates
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post**
- **Cyclo Sportif** calendar

NOTE: All correspondence to the editor should only be sent to nortondo@bigpond.com

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

NORTH COASTERS @ CROSS COUNTRY NATIONALS

Well done to all our members who competed at the recent nationals in Tasmania.

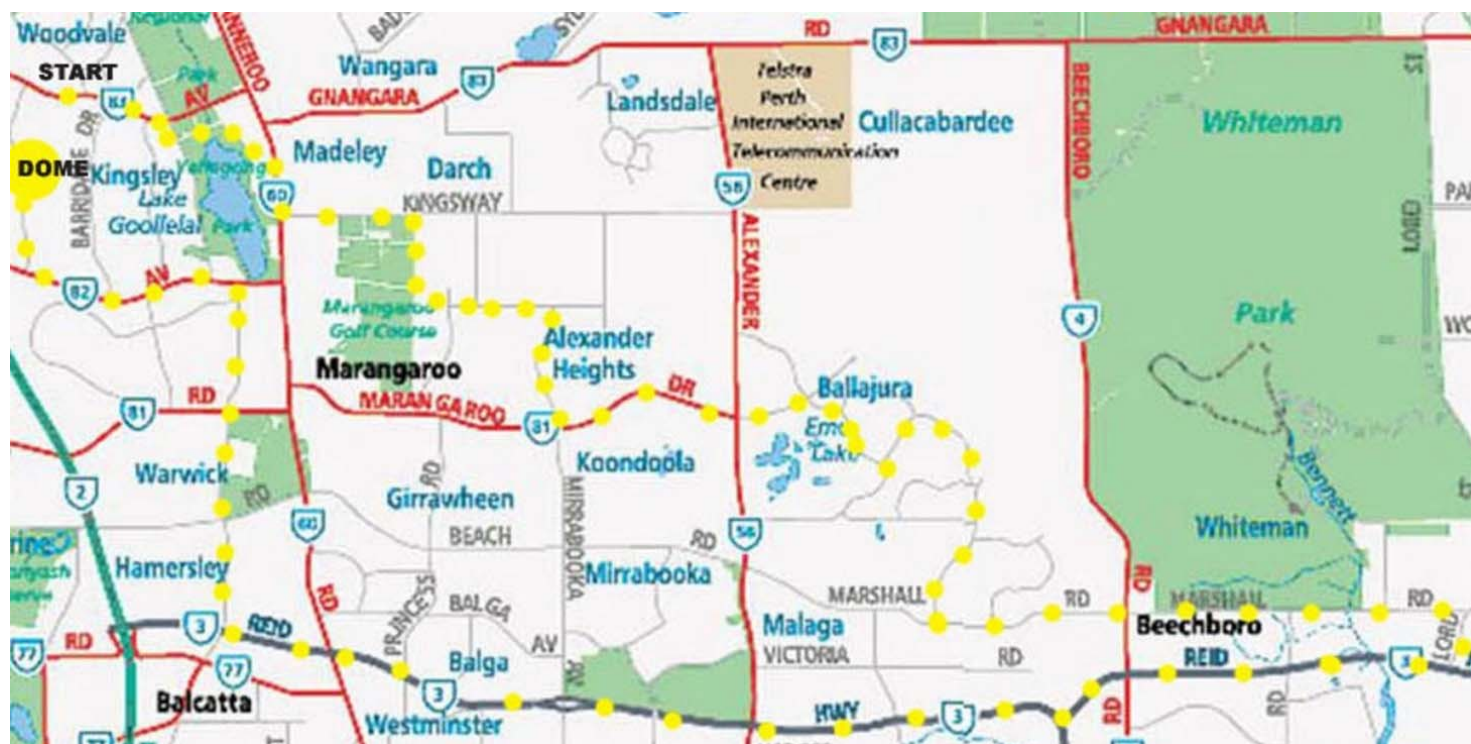
Pos	First name	Last name	Time
Boys 4k CC 14/15 Years			
58	Michael	Lori	15:14
69	Bradley	Brown	15:48
Boys 6k CC 16/17 Years			
66	Ben	Green	22:11
Girls 4k CC 14/15 Years			
37	Chavon	Livey	16:12
Girls 4k CC 16/17 Years			
39	Erika	Lori	16:55

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

THIS WILL BE THE LAST OF THE "WINTER" 7.00AM RIDES. ALL RIDES WILL REVERT TO A 6.30AM STARTING FROM SATURDAY 30TH SEPTEMBER.

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 - "Marshall Road" Some of the regular riders in this group will be doing the Anaconda race this coming weekend, but the ride will still take place with Steve Waterman leading the group



ANACONDA RACE – CLUB MEMBERS TAKING PART

If you are racing and your name is not on the list – please let me know and I will continue to build the list over the next few weeks

nortondo@bigpond.com

Additions to the list are shown in red print

Individual

Open (18-39)

Paul Black, Steven Fay, Wade Kelly, Roger Shooter, John Sullivan, **Bradley Hosking**

Veteran (40-49)

Rob Doherty, Andy Jones, Barry Turner

Pairs (both do all disciplines)

"Dave 'n Hayley"

David Norton & Hayley Norton

Teams

All Female team

"Mad Midlife Mothers"

Sandra Herbert MTB, Sylvia Haile PADDLE, Tanya Carter RUN.

Junior team

"Eat my bubbles"

Sarah Rafty MTB.

"Olio Bello"

Mike Lori RUN

Mixed team

"Dig Deep"

Emily Clauson RUN.

"G2E"

Marius Grobbelaar SWIM, Run

"Grand Pricks"

Louise Black SWIM, **Mike Wren** RUN.

All Male team

"Mad Mutts"

Jason Woodbridge SWIM & RUN

"Team Pilatus"

Malcolm Walker SWIM

"My wife can't wrestle

Brad Girvan SWIM

but you should see her b.."

Veteran team

"Trigg Island Masters"

Bill Whalley RUN

"Competent Bystanders"

Andrew Medland SWIM

ARE YOU SPECTATING @ THE ANACONDA – COULD HELP PULL IN THE KAYAKS?

Be part of the great adventure – if you will be down there and want feel part of the action, then please consider:

Helpers are required to assist some very tired paddler's beach their craft at the end of the paddle section of the race. If you would like to help please contact Mel Farley at the email address or phone number below.

The message from Mel

If you know any other North Coasters that are going down for a look over the weekend, and would be happy to give us a hand either with registration on the Saturday, or help land some craft or anything like that, can you please ask them to drop me a line?

Cheers
Mel
MEL FARLEY
Volunteer Coordinator
2006 Geographe Bay Anaconda Adventure Race
Rapid Ascent Adventure Event Management
M 0408 449 868
mel@rapidascent.com.au
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RAF BOUGH HAS HIS SAY ON OUR ENDURO DUATHLON

With five weeks to go before the National Duathlon Championships in Melbourne I commenced my race specific training with the fourth round of the North Coast Duathlon Series on June 16th. The race was extremely technical and very short distances which enabled me to work on practising transitions, u-turns (there will be 6 per lap, with 6 laps for the 40km bike at nationals- 36 in total!) and general bike handling skills. The race distances were 1.6km Run (3 u-turns) 4.7km bike (6 laps on a hot dog circuit i.e. 11 u- turns) /1.2km run (2 u-turns) /4.7km bike (another 11!/2.2km run (5 u-turns). I had invited Sean O'Neill along to the race in an attempt to get some practice riding a tight course with someone around - the likely scenario for Nationals race.

The race was a blur of twists and turns, transitions and lactate. Together after the first run, Shaun managed to steal a few seconds at the end of the first lap on the bike as I tried to get my feet into the shoes. From there he showed superior technical skills (cornering, transitions in particular) to open up a small lead going into the second run leg. He repeated the dose on the second bike leg as I muffed up the second run/bike transition and he had about 150m going into the final run- I found some very strong rhythm in the last km of the final run but could only close to within 40m at the finish. These races are fantastic for fine tuning technical skills and fit well into winter training for Triathletes wishing to improve such aspects of racing. The North Coast Tri Club organised the race brilliantly and had plenty of spot prizes to pass around at the finish. The final race is on July 30th and will be a more traditional 1.6km/10km/3.2km format, check there website www.northcoasttriclub.org.au for results and entry forms for the final race. Well done to Shaun on a great race- he was very impressive today.

NOTICE BOARD

Wanted: Road bike for daily commuting to and from work. Nothing too flash, just need something strong and reliable. Frame size 55cm or above. Wanting to pay around \$500. I can be contacted on my home number 94471557 or via email paulsim@westnet.com.au.
Thanks heaps
Paul Covich

(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)

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

THE WILD WEST BIKE TOUR – THE OPTIONS

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 we would have liked to put together a team capable of holding onto the trophy. The other teams are entered on a more social basis. **Eddy Girvan has put together a social team**, Dave Norton tried to put together a junior team but couldn't get the numbers **and that's it** – we didn't have enough interest to put together a race team to defend the trophy. All parties now interested in participating should contact Toby Hill at Bikeforce Woodvale as they have some spots in their teams.

Please visit this website. <http://myweb.westnet.com.au/wildwest>

TOUR DE ZIG ZAG LE FEMME – SUNDAY 22 OCTOBER 2006

(Supporting Pink Ribbon Day, Breast Cancer Research)

This event will feature a Women's participation ride in conjunction with a Women's 2 Stage Tour Event. Starting and finishing in Kalamunda and taking in the scenic Mundaring Weir route. This is a great opportunity for the ladies to support women's cycling and a worthy cause in Breast Cancer Research. Women of all levels are catered for, so come and show your support. More information to follow shortly, or for enquires please contact Lyn Lepore at the office.

Please note our new contact details

Ph: (08) 9328 3422 Fax: (08) 9328 4266

Email: wa.info@cyclimg.org.au

Web: www.wa.cyclimg.org.au 180 Charles Street, West Perth WA 6055

CLUB EVENTS CALENDAR UP DATED – AQUATHLONS & MAX GRIEVE

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

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 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.

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
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>

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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