

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 42/2006

NEW POSTS

- **Aquathlon THIS FRIDAY**
- **TRYstar Action**
- **Junior ride** on Saturday mornings
- North Coast **Women's Triathlon Course** – enrollments closed.

ONGOING POSTS

- The **Cool Night Classic**
- North Coast **Aquathlon calendar**
- **Tour de Zig Zag le femme** ladies pink ribbon day ride
- New Club calendar includes **Aquathlon & Max Grieve dates**
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post**
- **Cyclo Sportif** calendar
- Club **Training Sessions and group rides**
- Notice board – **Wet suit wanted, Road Bike for Sale.**

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

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

NORTH COAST "BIKEFORCE WOODVALE" 2ND AQUATHLON THIS FRIDAY

It's race time again, so come and sample the thrill of the famous "Friday Night Aquathlon". Our race director Eddy Girvan has proposed a great swim, run, swim, run format – just great for the spectators. And after the pace dies down you can enjoy a drink with friends, eat some great hamburgers (the more you eat the more you donate to our "get the juniors to the Nationals" fund), and if you raced there are some great spot prizes to be won (compliments of Bikeforce Woodvale).

See you Sorrento Surf Life Saving Club House – Friday night – for a 6.15pm start.

20 th Oct 2	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
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TRYSTARS NEWS

Congratulations: to all who came to training on Friday at Kinross. Hope you didn't get too cold and you had fun. We saw some excellent skills out there from some of our renewing members and a few lovely new bikes!! Well done and thank you to all our coaches and to the valiant parents who marshalled at various points during the mini Duathlon.

Help Needed: Short Busy Bee on Saturday 21 October at 3.30pm behind Craigie Leisure Centre. Please come armed with brushes and/or petrol powered blowers to help clear the road for the TRYstars cycle course on Sunday. The more people we have the quicker it will be done!!

First skills session at Sorrento: Our first TRYstars bike and running skills session at Sorrento is this **Friday, 20 October at Sacred Heart Oval, West Coast Highway, Sorrento from 5pm to 6pm. Park at the Surf Club.** There will be a spot prize draw at the Surf Club afterwards followed by a sausage sizzle. We hope you will all stay and take this opportunity to mix socially with other TRYstar parents and members of North Coast.

First Have-a-Go Triathlon: The first in our series of Have-a-Go Triathlons is on **Sunday, 22 October at Craigie Leisure Centre, Whitfords Ave, Craigie. Registration: 7.30am. Briefing: 7.45am. and Start: 8am.** Presentations: 9.15am. or when all children have completed the course. Put this date in your calendar and tell all your friends. \$60 for the series of 5 races + pool entry. Free for TRYstar members except for Pool entry.

Swimming at Craigie Leisure Centre for TRYstars on Saturday mornings: Craigie Leisure Centre is offering a special swim program for TRYstars. This will be on Saturdays from 7am to 8am costing \$6.70 a session including entry for one swimmer and one spectator. This commences on Saturday 4 November. They have a **COME AND TRY session on Saturday 28th October from 8am to 9am.** Ring 9400 4600 to book your place in this session. Head coach, Jan Corkill will be available to answer any questions.

Ann Blatchford 9448 4265(h) or 0403 114 677(m) ann@blatchfords.org.uk

For all TRYstar training sessions and Fun Race Events visit the Club website for details: <http://www.northcoasttriclub.org.au/training-TRYstars.htm>

JUNIOR RIDE:

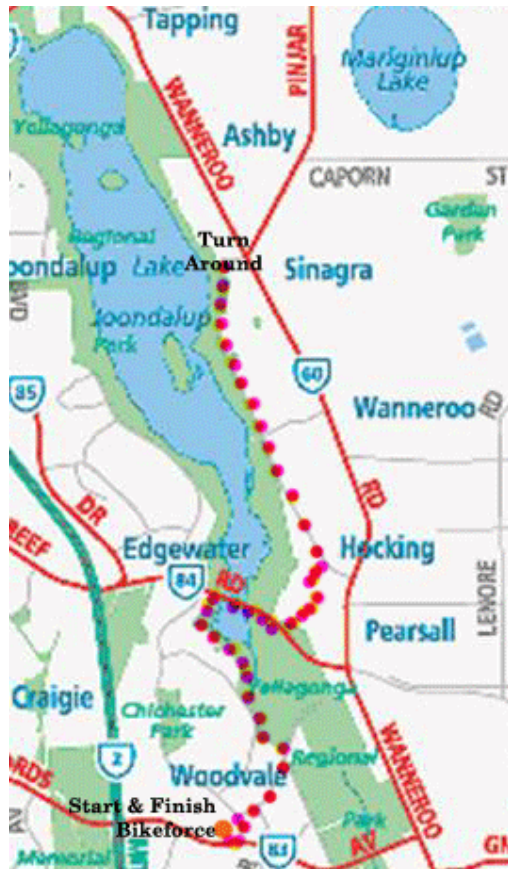
We are going to continue the weekly Junior Ride on Saturday mornings at 7am. This ride is supervised and juniors will be looked after and the supervisor will ensure you arrive back at the Bike shop safely. This ride is particularly aimed at North Coast Juniors just starting with their cycling who may not have done much road riding. Parents are encouraged to ride with them and develop their skills with their children.

The first ride will be to "SCENIC DRIVE" on Saturday 21st October and will meet at Bikeforce Woodvale at 6.55am ready to leave at 7am. See map below – pink dots mark the route. The aim of the ride is to develop riding skills including riding with a group and bike handling, not a fitness training ride as its primary goal. No rider is too slow for this ride, and they need not worry about being able to keep up. The ride will be out for about an hour. Mark Calver Snr has agreed to take this ride out for us for the first few weeks. He is an experienced rider who will teach the juniors group riding skills as they ride. **Juniors riding on this ride must be North Coast members and no younger than 12 by 31.12.06.** They should ensure they have a spare tube in case of a puncture, plenty of water and their parent's mobile phone number, if the parents are not riding with them, in case they need to contact them if anything happens (E.g.: delay due to a member of the group having a puncture etc.) and of course a helmet! Parents will also be looked after on this ride especially if they have not done much riding before!! Anyone thinking of joining the ride but wanting to find out more please feel free to give me a ring and have a chat.

It would be helpful if you can let Mark know if you intend to join this junior ride so he can ensure we have enough supervision for the number of juniors attending. Mark's number is: 9401 3725

If there are any other experienced riders within the club who would be prepared to forfeit **one Saturday morning ride** to take these youngsters out and assist with their development I would love to hear from you. If you are prepared to nominate one Saturday between now and Christmas then hopefully we can give Mark a break from time to time and still have this ride going out on a regular basis but with different members looking after them. Thank you to Nimal who has already volunteered. This is a great way to give back to the sport.

Ann Blatchford 9448 4265(h) or 0403 114 677(m) ann@blatchfords.org.uk



WOMEN IN TRIATHLON COURSE FULLY BOOKED

Watch this space for updates and progress as our intrepid attendees are put through their paces... and strokes.... and spins.

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

COOL NIGHT CLASSIC FUN RUN & WALK

The event is now in its 11th year and this year will be raising money for the Down Syndrome ASSOCIATION of WA. Participate and support this worthy cause. Visit www.pwc.com/au/coolnight/perth for all the details.

Quick details: Wednesday 25th Oct 2006. 5.30pm. Start Barrack Street Jetty, to finish at Matilda Bay Reserve, entry \$20.00, Distance 5km.

NORTH COAST SUMMER RACE ACTIVITIES

Date	Race	Course	Description
20 th Oct 2	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
3 rd Nov 3	Beach Aquathlon	2	Run 400, swim 200m, run 600m, swim 200m, run 600m
17 th Nov 4	Max Grieve Classic 10k		10km run. 5km walk
1 st Dec 5	Aquathlon	3	Run 1200m, swim 300m, run 1200m
15 th Dec 6	Aquathlon	1	Swim 400m, Run 2200m
29 th Dec 7	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
12 th Jan 8	Aquathlon	3	Run 1200m, swim 300m, run 1200m
25 th Jan 9 Thurs	Beach Aquathlon	2	Run 400, swim 200m, run 600m, swim 200m, run 600m
23 rd Feb 10	Aquathlon	4	Swim 300m, run 200m, swim 300m, run 2200m
9 th Mar 11	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
23 rd Mar 12	Aquathlon	3	Run 1200m, swim 300m, run 1200m
5 th April 13 Thurs	Aquathlon	1	Swim 400m, Run 2200m

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@cyclinq.org.au

Web: www.wa.cyclinq.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>

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 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.

CYCLO SPORTIF CALENDAR

Event dates

Date	Location	Nominations Close	Distances	Start Time	Other
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

Running Training

Running training is now every Thursday at 6pm at Flinders Reserve, Broadbeach Bvd, Hillarys. This training session is conducted by Kim Vivian and is free to club members. The session consists of intervals of running of varying lengths and intensities, and caters for all running abilities and ages. There will be separate programs for juniors, novice runners and serious competitors to ensure everyone trains at the appropriate level. We even have child minding facilities available, so there is no excuse for not coming down and joining in the fun.

Thanks
Kim Vivian

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

Wanted Just wondering if there was any chance you could please put a notice in to see if anyone out there would have a wet suit to fit a 6ft 4" giant. He is a big build too. Just wants to borrow one - or buy one second hand for the Collie Marathon. If you know of anyone they can call me on 0417 188 295 or 9401 9393.

Thanks, Lisa Bergin

For Sale Giant Peleton 6100, Size 56 Shimano 105 derailleur (Tri-bars not included) Price \$350. Contact Dave Norton nortondo@bigpond.net.au or call at home 9246 4886 - evenings and weekends only.



(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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