

NORTH COAST TRI CLUB

"What's happening" bulletin, *week 10/2007*

New Posts

- **Women's Only Tri Results**
- **Albany Classic Tri Results**
- **Mark Sedgwick at IM NZ**
- **Must Triathlon Seminars** supporting the **Heart Foundation** and **getting Kelly** to the **NY Marathon**
- **Junior News.** (includes recommended junior distances for Freeway Bike Ride)
- **TRYstar Action.** (includes recommended TRYstar participation level for Freeway Bike Ride)
- You would make a great **Club committee member.**
- **The Trading Post – Job Available** – cleaning. **Dining Table & chairs** for sale. **Leather lounge suit** For sale. **Mavic Carbone race wheels +**, for sale. **Ironman wetsuit – Male** for sale, **Bike Bag**, for sale. **Tacx Flow T 1680 Ergo trainer**, for sale

Ongoing Posts

- The Half IM specific **Muchea Training ride again this Saturday**
- **Rid the roads of all that glass**
- **Half IM "Teams" section**
- **Cyclo Sportif is back** – calling for Teams
- **New Club Polo shirts.**
- **Development Cycle Rides.**
- North Coast **Aquathlon calendar**
- New Club calendar includes **Aquathlon**
- **Did you Know**
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- Club **Training Sessions and group rides**

NOTE: All correspondence relating to this Bulletin must be sent to nortondo@bigpond.com

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

Women's Only Triathlon North Coast Results

Results by Elly Waterman

SHORT COURSE

Pos	Total Time	Name	Last name	Cat	Race No	Course	Cat Pos	Swim Time	Swim Pos	Bike Time	Bike Pos	Run Time	Run Pos
50	0:40:59	Victoria	BUTLER	25-29	858	Short	11	0:03:48	105	0:22:07	39	0:15:03	118
69	0:41:50	Teresa	STONE	25-29	418	Short	19	0:03:33	51	0:23:08	72	0:15:07	124
93	0:42:59	Rachel	JACKSON	35-39	782	Short	14	0:04:11	189	0:24:10	133	0:14:36	74
126	0:43:52	Colleen	SCOTT	20-24	297	Short	14	0:03:36	57	0:23:54	112	0:16:21	239
134	0:44:06	Sandy	TINDALE	50-54	754	Short	2	0:04:51	363	0:24:32	153	0:14:40	84
149	0:44:34	Nicole	KLEMM	35-39	584	Short	26	0:04:03	155	0:24:14	139	0:16:15	228
225	0:46:26	Danni-Lee	GRACE	30-34	483	Short	43	0:03:32	48	0:24:04	123	0:18:48	390
248	0:47:05	Renee	NOAKES	25-29	392	Short	65	0:04:47	346	0:26:11	250	0:16:06	213
266	0:47:41	Gail	MAY	45-49	720	Short	16	0:04:16	208	0:27:13	291	0:16:11	222
367	0:51:15	Gemma	POLLARD	25-29	397	Short	90	0:05:13	419	0:24:46	160	0:21:14	461
474	0:58:05	Laura	EATON	25-29	350	Short	117	0:04:56	377	0:30:53	436	0:22:13	475

LONG COURSE

Pos	Total Time	Name	Last name	Cat		Course	Swim Time	Bike Time	Run Time				
3	1:06:30	Loretta	WESLEY	40-44	185	Long	1	0:10:07	18	0:35:23	8	0:20:58	2
5	1:08:04	Hayley	NORTON	20-24	35	Long	2	0:09:50	13	0:37:16	46	0:20:56	1
7	1:08:59	Robyn	SCOTT	45-49	201	Long	1	0:09:25	5	0:36:16	9	0:23:16	24
11	1:09:55	Ashley	FEARNLEY	U20	4	Long	3	0:10:31	22	0:37:00	51	0:22:23	14
14	1:11:20	Adele	RICHARDS	U20	11	Long	4	0:10:11	20	0:38:16	66	0:22:51	19
32	1:14:26	Kerrie	SMITH	25-29	79	Long	5	0:10:08	19	0:39:13	81	0:25:03	51
50	1:16:09	Louisa	JACK	25-29	59	Long	7	0:12:05	62	0:40:36	0:00:00	0:23:26	26
57	1:16:45	Allison	RATCLIFFE	40-44	179	Long	9	0:00:00	208	0:00:00	0:00:00		
59	1:17:02	Sue	LIBBIS	40-44	172	Long	10	0:13:14	111	0:38:44	75	0:25:02	50
69	1:19:03	Bianca	PAPARUSIS	25-29	871	Long	10	0:12:23	82	0:39:32	104	0:27:06	96
103	1:22:41	Anna	WOODHOUSE	40-44	186	Long	17	0:15:33	175	0:40:43	120	0:26:23	81
115	1:24:02	Sylvia	HAILE	40-44	167	Long	19	0:14:23	147	0:43:07	132	0:26:30	83
119	1:25:05	Sarah	BLACK	40-44	159	Long	20	0:13:41	127	0:42:11	115	0:29:11	143
123	1:25:33	Sandra	HERBERT	40-44	168	Long	21	0:14:28	152	0:39:43	96	0:31:20	168
134	1:26:36	Katie	RIDDLE	20-24	37	Long	21	0:13:47	130	0:45:20	169	0:27:28	104
183	1:35:22	Jade	DOMICAN	20-24	18	Long	24	0:12:26	84	0:45:20	159	0:37:34	187

Ironman New Zealand and

Well done North Coaster Mark Sedgwick and to his non member brother Ryan. Much better weather greeted this year's Ironman New Zealand competitors!!

Name	Swim	Bike	Run	Finish
Chris Stephenson	1.08.35	5.50.36	4.25.22	11.38.15
Cyril Tolson	1.31.08	7.15.17	5.17.40	14.20.50
Luke Goard	56.22	5.07.23	3.21.12	9.31.27
Mark Sedgwick	1.14.20	5.59.44	5.16.25	12.43.04
Ryan Sedgwick	1.06.19	6.06.28	4.58.27	12.26.30
Rob Newman	1.07.46	5.37.25	3.31.17	10.23.46

Help Kelly get to the NY marathon

As some of you may or may not know, I am fundraising for the Heart Foundation on my way to doing the New York Marathon this year (November). I have to fundraise \$10,000 and as part of this I am running a couple of Busselton Seminars that some of you may be interested in? The first of these is this coming Saturday, 10th March.

Everyone involved in both seminars is donating their time so 100% of the money raised will go towards my fundraising effort which I think is pretty good!

All the details are below, but they can also be accessed from: <http://www.newyork.swishdesign.com.au/events.htm>

Thanks so much for your support!!
Kelly Exeter

(Kelly (Swish Design) is the person responsible for designing our North Coast Club Website and for the uploading of all information including the "What's Happening" Bulletin every week (the cost of this service being sponsored by Club member Wade Kelly of "The Marketing Mix" (TMM)). Kelly has always been so helpful to me especially when I have needed to add or change copy after the weekly deadline has passed. The cause that she is raising for is of course very worthwhile, but so will the seminars be very worthwhile for all keen triathletes. So if you have always wanted to attend one of these types of seminars, but never actually got around to doing so... well make these the ones you attend! ED.)

SEMINAR 1: Getting to the Heart of the Busselton Half Ironman

This is the first "event with heart" on our schedule and by attending, not only will you be contributing to a great cause, you will be privy to all the tips and tricks you need to get to the finish line faster on May 5th. If you haven't "nailed it" yet at Busselton, this seminar might just be the ticket you need to achieve that perfect race.

After a brief run down on the types of sessions and mileage you should be covering when training for the Half Ironman, accredited sports dietitian [Julie Meek](#) will cover nutritional issues not just for race day, but also for getting the most out of every training session leading into the event. Then duathlete and physiotherapist [Raf Baugh](#) will speak about those common injuries that can derail your Half Ironman campaign and what you can do to prevent them!

Then its question and answer time with a panel of experts including former winners of the event [Courtney Ogden](#), Loretta Wesley & Kelly Exeter as well as pro Ironman [Kate Bevilacqua](#).

Event details:

Date:	Saturday 10th March 2007
Time:	1-4pm
Venue:	Challenge Stadium - John Bloomfield Lecture Theatre
Cost:	\$25
How to register:	Click here to register online!

SEMINAR 2: Boost your run leg for Busselton

The run leg in the Half Ironman is the Achilles heel for most triathletes. Yet it is the leg where you can make up so much time!

Getting it right is all about preparation and that's what we're going to cover in this seminar. Kelly Exeter, a former winner of the Busselton Half Ironman, will speak about the key things you can do on race day to ensure you get off the bike in great shape to run a fast Half Marathon.

Then running coach Jon Kappler will give you some ideas and programming tips that can be implemented over the following 6 weeks to give your run leg a boost on race day!

A short question and answer session will follow where you can pick Jon and Kelly's brains!

Event details:

Date:	Wednesday 14th March 2007
Time:	6-8pm
Venue:	Challenge Stadium - John Bloomfield Lecture Theatre
Cost:	\$18
How to register:	Click here to register online!

Junior News

JUNIOR RIDE:

The Junior Ride has now changed to 6.30am on Saturday morning from Bike Force Woodvale. You need to be there by 6.25am ready to leave at 6.30am. The ride will be out for just over an hour. Mark Calver will still be looking after the Juniors on this ride so please introduce yourself to Mark before the ride leaves. **Juniors riding under Mark's care must be North Coast members and no younger than 12 by the end of 2006.** Please ensure you have a spare tube in case of a puncture, plenty of water and your parent's mobile phone number. **You must have both front and back lights on your bike as well.** For more information ring Mark on 9401 3725

FREEWAY BIKE HIKE:

Please be aware the distances children are allowed to ride in this event are further than those recommended by Triathlon Australia(TA). In keeping with the North Coast policy of trying to ensure children train and race at distances appropriate for their age please check the TA Junior distances on: <http://www.triwa.org.au/juniors/JuniorRaceDistances0607.pdf> and look at the relay distances for cycling and the junior training distances recommended on the North Coast website before entering them in the ride and keep in mind these are MAXIMUM distances. North Coast Tri Club recommends that children be at least 10 years old on 31/12/06 to do the 10km ride and at least 12 years old on 31.12.06 to do the 30km ride, but please be very aware that 12 and 13 year olds in particular should be using this as a training ride (not a race) and should be already riding regularly and able to hold an average speed of 20kph. If this is not the case then we would strongly recommend they wait until they are 14 years old to do the 30km distance

TRYSTARS NEWS

REDUCED PRICE TRYSTARS MEMBERSHIP:

From 1 March 2007 TRYstars membership is available for \$30 for 1 child and \$50 for 2 children. This is due to it nearly being the end of the season. If you have friends (AGED 7 – 15 ON 31.12.2006) who have been asking about TRYstars this is a good opportunity for them to join up for the rest of the season at a very good price to see if they like it. Also they can practice for Weetbix. This would include the 11 March and 1 April Have-a-Go triathlons at Craigie so very good value. **TELL ALL YOUR FRIENDS ABOUT IT.**

COMING UP:

- 🚲 Bike and run skills training at Sorrento on Friday 9 March at 5pm followed by spot prizes and Sausage Sizzle at the Surf Club. If hot weather bring your bathers.
- 🚲 TRYstars Weekly Swimming Session at Craigie Leisure Centre on Saturday 10 March at 7am – 8am. Cost \$6.70 per session including entry for one swimmer and one spectator. All TRYstars 9 years and over welcome.
- 🚲 Next Have-a-Go Triathlon at Craigie on Sunday 11 March. Rego: 7.30am, Race Briefing: 7.45am and Starts from 8am. See your last TRYstars News email for further details.
- 🚲 Bike and run skills training at Kinross on Friday 16 March at 5pm followed by a mini duathlon.
- 🚲 FREEWAY BIKE HIKE on Sunday 18 March. See details below.
- 🚲 Have-a-Go Triathlon at Rockingham on Sunday 18 March. Details coming up in the next few weeks.

FREEWAY BIKE HIKE:

SUNDAY 18 MARCH. North Coast TRYstars would like to organise any TRYstars (10 years and over on 31.12.2006) to take part in this event starting from Greenwood Station. The ride is 10km finishing at Joondalup and any TRYstar taking part MUST have a parent accompanying them. All we ask is that we try and meet as a group wearing our TRYstar T-shirts to promote the club and have some fun. North Coast is running a promotional tent at the end of the FREEWAY BIKE HIKE and there will be refreshments and a certificate for any TRYstar who takes part in the event if they come to the tent after their ride. We are also asking for parents to help us run the tent. Perhaps those of you with younger TRYstars could help us with this until the older TRYstars arrive from their ride. Just an hour would be great. Please see your TRYstar News email for further details.

DATE TO TELL YOUR FRIENDS ABOUT – PRACTICE FOR WEETBIX:

The last race in our Have-a-Go TRYstars Triathlon Series on **SUNDAY 1 APRIL** will be an OPEN event. This means you do NOT have to be a member of North Coast to take part. To non-members it will cost \$15. Also I have heard the Weetbix TRY-athlon clashes with the first day of the footy season, consequently stopping lots of youngsters participating in Weetbix. If this is the case then tell them to come and have a go in our race instead!! ALL 7 – 15 YR OLDS WELCOME. Great pre-winter season training for them all!!

LOST//MIX UP – LOST 2 HELMETS – PLEASE CHECK YOUR CHILD'S HELMET

1. One of our TRYstars lost his helmet just before Christmas. When he came to go home from a TRYstar session there was a helmet there, but not the right one. His is a SILVER AVANTI HELMET, SIZE SMALL TO MEDIUM. At present he has got a SILVER AND BLUE AVANTI HELMET, SIZE EXTRA SMALL. Please will all parents check their child's Helmet especially if it is SILVER to see if they have picked up the wrong one by mistake. They probably would not notice as you can always fit into a bigger helmet but unfortunately Tyler cannot fit into an extra small one!! Ring Ann or speak to one of the coaches if you find you have Tyler's helmet and we will organise to get them swapped back.
2. One of our TRYstar coaches has lost her daughter's NEW PINK HELMET last week at the Kinross Training session. Again please check you have not taken it home by mistake and contact Ann or Frank if you find it.

TRYPSTAR T-SHIRTS AND MEMBERSHIP CARDS

If you are still waiting on your T-shirt or Membership card for this season, come and get them at training.

COACHES AND HELPERS NEEDED FOR NEXT SEASON:

We as a club are looking ahead to next season and hoping to gather a few more cycling coaches for our TRYstars. We can't depend on Frank for ever!! Not a huge amount of experience is needed. If you can ride a bike, change gears and would enjoy helping the TRYstars youngsters improve their bike skills then please think seriously about helping out in this area. We will run a training session for parents/adults interested in assisting and coaching in both cycling and/or running at the beginning of next season to give you ideas of what you can do with the children. If you are interested speak to Ann or any of the coaches who are happy to show you what they do and give you pointers to help you on your way. We cannot give the children fun sessions without the coaches to run them, so please think if this is a way you can help your children or the club.

SANITARIUM WEET-BIX KIDS TRY-ATHLON

SUNDAY 29 APRIL 2007 at LANGLEY PARK, PERTH

Approx Distances: 7 – 10 yr olds: 100m swim/3k cycle/500m run; 11 – 15 yr olds: 200m swim/6k cycle/1k run.

Cost for TRYstars: \$27 Non- TRYstars: \$32

Times: Transition open: 7 – 8.30am. 11-15 yr olds Race Briefing: 8.45am. 11 – 15 yr olds Start: From 9am.

7 – 10 yr olds Race Briefing: 9.30am. 7 – 10 yr olds Start: From 9.45am.

Presentations: 11.30am.

How to Register: Go to www.weetbix.com.au click on Weetbix Kids TRY-athlon and follow the instructions or ring 1800 989 999 and ask for an entry form to be sent to you. You must be entered by: 13/4/07. North Coast TRYstars will have a tent down there on the day for all our TRYstars families to meet at during the event.

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>

Position vacant on Club Committee

Kim Tyler-Lees will be stepping down from the position of "membership's manager" after 3 years of outstanding dedication. The committee is looking for a replacement to come forward so that Kim can start mentoring them into the position. The Club's AGM is usually held around August and by that time it would be ideal if a coached replacement is ready to "step into the breach". This is great opportunity to get really involved with the running of the Club, the role is immensely satisfying as you will play a pivotal role in helping new members blend into the Club culture. For more details please contact Kim on 9300 4946 or 0419 025 881.

Trading Post

Job Available Cleaner for Kim T-L's Dad (grumpy old man). 3 hrs per week \$20.00ph on Monday or Tuesday morning 1.5 hours and Thursday or Friday morning 1.5 hours

For phone Kim Tyler-Lees on 93004946 or 0419025881.

For Sale Dining Room table & chairs: Oval shaped Baltic pine 1.5mt x 1mt, 6 chairs: only \$295.00. Contact Kate Clark 9246 4886 (evenings only).



For Sale: 3 Seater Leather Lounge and 2 Reclining Arm Chairs by JANDA, Leather by GOSH, Colour: Navaho Burgundy Glo. In Beautiful Condition. A steal for only \$2200.00 ono. Inquiries to Merredith Douglas Ph. 0403770555



For Sale: Clearance by Ian Laycock.

- Tacx Flow T 1680 Ergo trainer. The new generation of wind trainer computerized, measuring Heart Rate, Watts and Pedaling Frequency. It is an unwanted Christmas present you would pay \$650 new asking \$450 it's still in the box
- Sleeveless Ironman wetsuit fit large male 6ft \$80.
- Canvass bike bag a little improvement on cardboard box \$80
- Mavic Carbone Racing Wheels, Shimano Duraace 9 speed cassette, Michelin Pro Race Tires. Have done 5h 30 for Ironman. \$1500.00

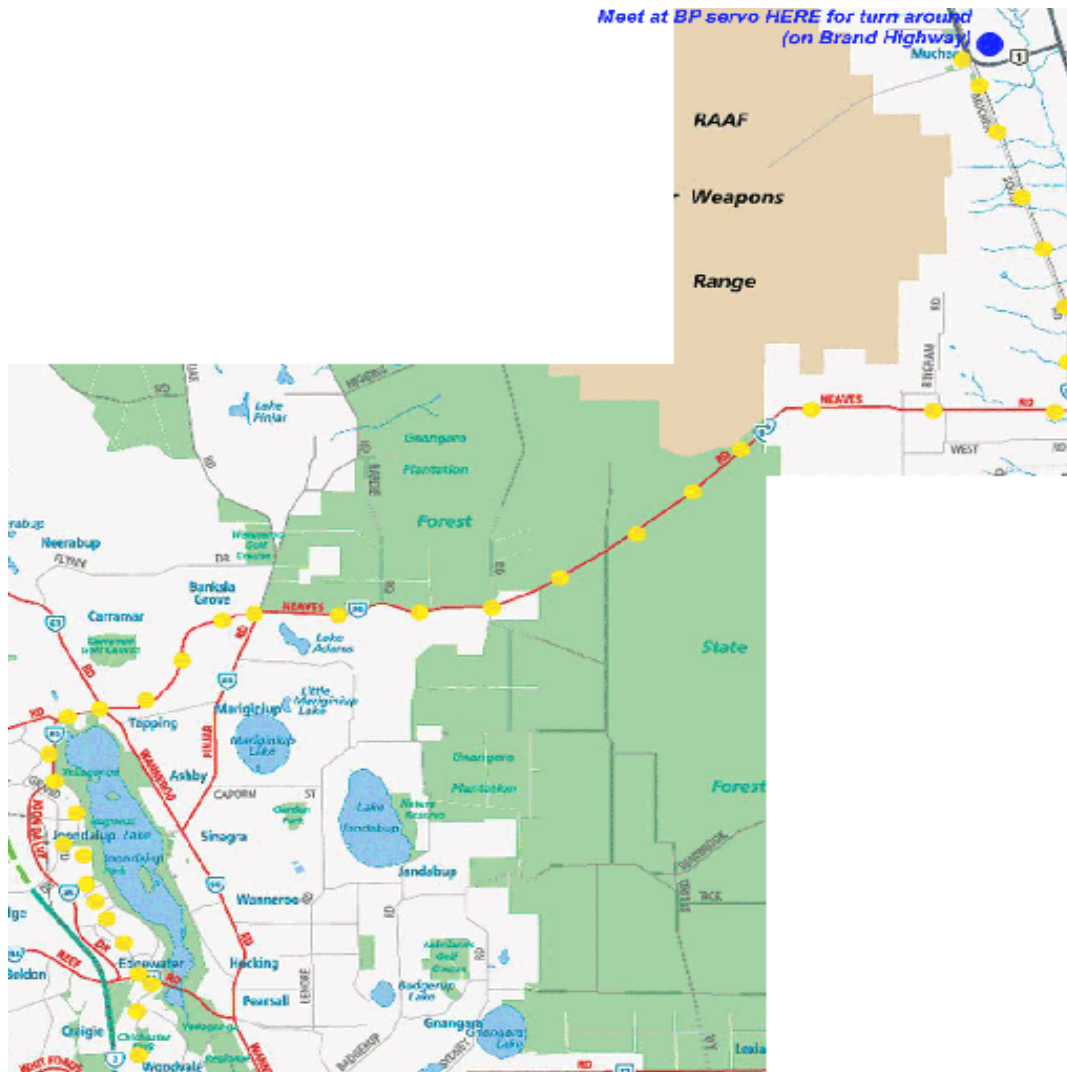
Contact idlaycock@hotmail.com or after March 4 0409 901 341

*****On going Posts*****

The Half I.M. specific Muchea Training ride this Saturday

Continuing this Saturday we will ride the Half IM specific Saturday morning ride to Muchea and back. 90ks of terrain and wind conditions very similar to that of the actual race course. See the map below for the route.

Meet at the DOME KINGSLEY 6.00am (it's a 3 hour ride hence the earlier start). Come by car and have your running gear with you as we will run straight off the bike. If you do have to ride to the Dome (no car available etc), still bring your running gear and leave it in someone else's car.



Have your say on all that broken glass on the roads Parks etc

This is what I sent – duplicate it, change it, BUT – PLEASE HAVE YOUR SAY.

To: Hon Tony McRae,
Minister for the Environment and Climate Change

As a member of the North Coast Triathlon Club, I spend a great deal of time cycling running or swimming on the wonderful roads cycle/dual use paths and beaches of Perth. Right now I am most concerned at the extreme amount of glass that litters all these transport and recreational venues. It is almost as if there is a campaign to make these areas as user unfriendly as possible.

We cannot and must not sit back and allow this to happen to our wonderful City and as it would seem that there are many in our society not responsible enough to use glass products, measures need to be taken. Below are 2 possible directives worth debating, both of which could alleviate or possibly even cure this epidemic.

- (1) Ban the sale of drinking products in glass containers (many manufacturers already use alternatives so it acceptability cannot be made into an issue)
- (2) Or impose a 50c bottle deposit at the point of sale on all glass drink containers – the 50c to be available for redemption on return of the intact glass bottle. This imposition would not only have the effect of encouraging users to maintain their empty glass vessel for redemption, but possibly also, the cost of the deposit will encourage the choice of plastic/tin/aluminum packaged products at point of purchase (as will they will appear to cost less).

Unlike cans, bottles shatter when dropped on paths, leaving jagged pieces to threaten kid's feet and thousands of razor-sharp shards which puncture bicycle tires. Many cyclists are discouraged by punctures from the innumerable glass fragments on bike paths and roads. Health costs, costs of cleaning up, CO2 emissions and traffic congestion all benefit substantially if more people ride bikes, but broken glass is a major disincentive. As well as cyclists, canoeists, windsurfers, beachgoers and parents all have an interest in reducing broken glass in recreational areas.

I urge you to support/introduce any form of legislation that may reduce/eliminate broken glass from public areas.

Yours sincerely,

David Norton
(Immediate past President North Coast Tri Club)

Send your statement to: tony-mcrae@dpc.wa.gov.au or by mail 10th Floor, Dumas House, 2 Havelock Street, WEST PERTH WA 6005 or phone 9213 7150.

Swimmer looking for a team spot in Half IM

As we all probably know the Rotto swim was cancelled due to the weather, a good call but what about all that training !!!!

In reference to the Half Iron Man in May, if there is a team with out a swimmer my friend Karen Edmunds would gladly step up to the challenge. Karen is an excellent swimmer and has made the Rottnest crossing 6 times.

Karen's mobile is 0413264899.

Hear from you soon, Sara Warner 08 957 17657 w 0405218403

Cyclo Sportif starts soon

North Coast will be entering 2 – 4 teams in this series over the next 6 months. Teams of 9 (who ride as a team) compete in cycle road races in venues such as Chidlow, York, Northam, Toodyay, Pinjarra, Pickering and Swan Valley. Not only will you keep up some resemblance of fitness over the winter, but you will visit some of our beautiful country towns (always looking at their best in the winter months).

Proposed teams will be "Senior Competitive", "Parents of Juniors", "Junior Racing" and "Junior Development". We will be looking for Captains/Managers for each team who preferably ride in their team, co-ordinate team lists, entries and entry payments. As was last year Dave Norton has offered to ride with/manage the "Junior Racing" team, so the other three teams are up for grabs. I would suggest Sean Neary for "Parents of Juniors" team and Nimal Wickramasinghe for the "Junior Development" team (which he organized so well last year)

This is a fun series for cyclists that want to try their hand at cycle "racing". It is aimed at serious recreational riders who would like to learn the disciplines of team riding in a semi competitive environment. **Cyclo Sportif** aims to generate a true Club atmosphere fostering team spirit, cross club congeniality, family and recreational fun and the opportunity for members to enjoy a sport that encourages and supports both the individual and team participation objectives.

You will not be expected to race the full series, so we will encourage each team to have a pool of about 12 riders because there will always be someone who cannot make a particular event – and we want NO PRESSURE. (The minimum team size permitted in a race is 4 and the max is 9)

Please visit the website below to get all the details – these include WACF membership application form, Club Cyclo membership application forms and race entry fees.

Cyclo Sportif membership fee is:

Seniors: \$75.00/Calendar year of which \$55.00 goes to Cycling Australia for your Ride-It licence and \$20.00 goes to Cyclo Sportif.

Juniors: (18 or under, your birth year is 1989 or later) pay just \$40.00 of which \$30.00 goes to Cycling Australia for your Ride-It licence and \$10.00 goes to Cyclo Sportif.

www.cyclosportif.com.au

FIRST RIDE OF THE SERIES

Cyclo Sportif's first event for 2007 is the Freeway Bike Hike to be held on Sunday March 18. For those who haven't participated before this is an event run by the Asthma Foundation and takes in a course from Belmont Park raceway to Joondalup along the Mitchell Freeway. This year Cyclo Sportif

will be in our own category and will depart just after the 'A' group. At the Joondalup finish Cyclo Sportif members can enjoy a season opening get together at the Cyclo Sportif marquee where a light breakfast will be catered for.

For more information and nominations check out the website - www.freewaybikehike.com.au.

PLEASE CONTACT DAVE NORTON IF YOU WOULD LIKE TO BE PART OF THIS ADVENTURE, ADVISING WHICH TEAM YOU WOULD LIKE TO JOIN. THIS WILL BE ACCOMODATED WHERE POSSIBLE ALTHOUGH YOU WILL FIND THERE WILL BE SOME SWAPPING BETWEEN THE 2 JUNIOR TEAMS AND SO TOO BETWEEN THE 2 SENIOR TEAMS AS ABILITIES ARE BETTER ASSESSED OVER THE SERIES. IT WILL BE UP TO THE INDIVIDUAL TO COMPLETE THE MEMBERSHIP DETAILS AND BE FULLY PAID UP BY THE SERIES COMMENCEMENT.

CONTACT nortondo@bigpond.com.au or 9246 4886 (evenings & weekends only)

The Calendar (races have 2 options usually a 45-50km and a 75-90km we would always do the short option – the senior team may however on occasions chose to do the longer version)

Date	Event	Location	Event Type
18-Mar-07	Freeway Bike Hike	Belmont - Joondalup	Group
26-Mar-07	Annual General Meeting	Perth	Meeting
22-Apr-07	Sfida a Chidlow	Chidlow	Team
20-May-07	Toodyay Randonneur	Toodyay	Team
10-Jun-07	Cyclo Sportif Bike Skills Workshop	Perth	Workshop
1-Jul-07	Cicli a Swan Valley	Swan Valley	Team
29-Jul-07	Pelotons de Pinjarra	Pinjarra	Team
26-Aug-07	Le Avon Valley Gran Fondo	Northam	Gran Fondo
23-Sep-07	Sur le Rivet a York	York	Team
21-Oct-07	Pedali a Pickering	Pickering	Team
23-Nov-07	End of Year Wind Up	Perth	Social
25-Nov-07	Great Perth Bike Ride	Round the River	Group

New Club Polo's

This is the beginning of a new range of new "Clubwear" Please place your orders ASAP so that we can get the first bath into production. Print off the order form below and hand it in at the next Aquathlon along with the correct money (credit card also accepted). Alternatively you can mail in the order form with a money order/cheque or with Credit card details completed on the order form, to the Club Post Box (PO Box 556, HILLARYS. WA 6923).



Polo Shirt Sizing Charts and Order Form									
NAME									
ADDRESS:-									
Phone L/L							Mob		
MENS NORTH COAST TRUE DRY SHORT SLEEVE POLO SHIRT									
SIZE	S	M	L	XL	2XL	3XL	4XL	5XL	
HALF CHEST (CM)	53.5	56	58.5	61	63.5	66	68.5	71	
BODY LENGTH	70	72	74	76	78	80	82	84	
LADIES NORTH COAST TRUE DRY SHORT SLEEVE POLO SHIRT									
SIZE	8	10	12	14	16	18			

HALF CHEST	42.5	44.5	46.5	48.5	50.5	52.5		
BODY LENGTH	58	59.5	61	62.5	64	65.5		
KIDS NORTH COAST TRUE DRY SHORT SLEEVE POLO SHIRT								
SIZE	6K	8K	10K	12K	14K			
HALF CHEST	38.5	41.5	44.5	47.5	50.5			
BODY LENGTH	49	53	57	61	65			
POLO SHIRT ORDER FORM								
	SIZE	SIZE	SIZE	SIZE	SIZE	QTY	UNIT COST	TOTAL
MENS							\$29.00	\$
LADIES							\$29.00	\$
KIDS							\$29.00	\$
							TOTAL \$	

Please charge to my credit card the following amount \$.....

Card Type Mastercard Visa Bankcard

Card holder Name _____ Signature _____ Exp. Date _____

Karri Valley Tri Accommodation

Bradley Hoskins has booked a 3 bedroom Chalet at the resort for the Friday and Saturday nights of the race weekend. There are still 5 beds available. The cost will be \$195.00 per night divided by the number that stays there. So if eight people stay it will cost approx \$25.00 per person per night. Please contact "Brutal" Bradley on 0407 944 004.

Development Rides

For those who have just joined the club and/or who do not feel ready to tackle the group rides out of Bike Force there are the following rides happening. These rides go at a gentler pace and will look after those who are a little slower!! Be there at least 5 minutes before with tyres pumped up, spare tube, lights now it is getting darker in the mornings and of course plenty of water. All these rides are for about an hour.

SATURDAY at 7am out of Bike Force Woodvale. Aimed at juniors (12+) and beginners.
 SATURDAY at 6.30am from Hillary's Marina in the car park outside the newsagent. This is a group of ladies who find some of the other rides slightly intimidating. It is an out and back ride so you can ride as far and as fast as you wish and everyone meets back at the marina. You can ride on the road or you can ride on the footpaths it is up to you.
 THURSDAY at 6am out of the Whitfords Bottle shop (East of the shopping centre). Leader: Dave Norton. This is the Club "development" ride – for all beginners (and oldies) wanting to spend some time on the open road. The average speed is around 25 kph or as fast as the slowest rider on the day. The ride is well supervised and cyclists are assisted where necessary.

North Coast Summer Race activities

Date	Race	Course	Description
9 th Mar	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
23 rd Mar	Aquathlon	3	Run 1200m, swim 300m, run 1200m
5 th April Thurs	Aquathlon	1	Swim 400m, Run 2200m

Club Events Calendar updated – Aquathlons & Max Grieve

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

Did you know?

All back issues of the Bulletin plus much more are all available to read on the Club Website archives use this link to get there. <http://www.northcoasttriclub.org.au/archives.htm>

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.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.

Club Training sessions and group Rides

Running Training

Running training is now every Thursday at 6pm at Flinders Reserve, Broadbeach Blvd, 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

(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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