

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 13/2007

NEW POSTS

"Shifty's" off to Boston – another day another marathon

Schools Nationals Results

The Half IM specific Muchea Training ride continues this Saturday

Plan to join the **"Death Valley" ride** – coming soon

Volunteers still needed to help at the Weetbix TRYStars event - a great experience.

Even more names for Cyclo Sportif

Junior News.

TRYstar Action.

You would make a great **Club committee** member.

The **Trading Post**

ONGOING POSTS

North Coasters head off to **IM Port Macquarie**

Rid the roads of **all that glass**

Half IM "Teams" section

Cyclo Sportif is back – calling for Teams

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

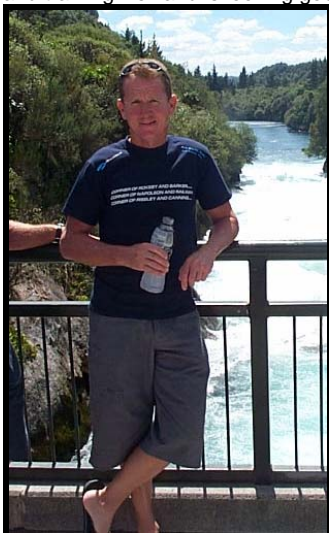
*******NEW POSTS*******

BOSTON BOUND

Imagine being one of amongst 22,500 athletes from all over the globe on the starting line for the historic and prestigious Boston Marathon 2007. North Coast Member, Paul (Shifty) Bedford will be there after qualifying at last year's Perth Marathon in an excellent time 3h16m27. To qualify he had to better 3h30m.

The race will be run next month on Monday April 16. The event was first run in 1897. It is now the most recognised people's marathon in the world today. Conditions in Boston could be ideal with temperatures ranging between 10 to 30 degrees max (he hates the cold).

Paul's devoted a lot time to training and preparation in order to be at his best. A recent debilitating foot injury almost cost him a start. He's now recovering and training well and is looking good for a fast time. Good luck Paul from all North Coasters.



Paul in New Zealand for the Ironman Triathlon 2006.

THE CHALLENGE OF "DEATH VALLEY"

Challenge your body... challenge your mind – join the Muchea training group on Saturday April 7th April as they do their last hills ride before the Half IM. All Club members welcome, so if you've heard of this famous ride and been tempted to try it – now is your chance. MORE DETAILS TO FOLLOW.

WEETBIX TRYSTARS VOLUNTEERS WANTED

If you only marshal or assist at one event in your whole life, then do yourself a favour and make it this one. You never know you might just be helping produce another Peter Robinson or Lizzie Blatchford. The young ones need all the help they can get – from tying their shoe laces for them, to racking their bikes and more often than not some encouraging words to keep them going.

Rush to the phone now and ring the volunteers coordinator Roberta Lori on 0417 968 806 and book your spot.

JOIN THE RANKS AND DO SOME WINTER CYCLE TEAM "RACING"

Names so far: - we need lots more! See the ongoing posts section of this Bulletin for the complete run down on the series. **If you have advised your intention to participate, but your name is not below please contact Dave Norton** on 9246 4886 or atnortondo@bigpond.net.au

Junior Development: none yet
Junior Racing: Jack Neary, Bradley Brown, Christian Dix, Cameron Maher, **Jonathon Franklin, Tim Bond** & Dave Norton (Manager/Rider)
Parents: Anna Woodhouse, Geoff Maher, Maria McNeil Ann Blatchford, (Donna & Michelle as possibles) Sarah Black, Sandy Tindale, Mike Tindale, **Nicole Klemm** & Sean Neary (Manager/Rider)
Senior Racing: Neill Stummer, **Keith Styan, Steve Gleeson, Mick Brammer, Barry Silverlock, Roger Steenkrug**, Stephen Lees & Stephen Fay (Manager/Rider)

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

TRYSTARS NEWS

COMING UP:

- 🚲 Bike and run skills training at Kinross on Friday 30 March at 5pm followed by a mini duathlon. **LAST TRYSTAR SESSION AT KINROSS THIS SEASON.**
- 🚲 TRYstars Weekly Swimming Session at Craigie Leisure Centre on Saturday 31 March at 7am – 8am. Cost \$6.70 per session including entry for one swimmer and one spectator. All TRYstars 9 years and over welcome.
- 🚲 Last Have-a-Go Triathlon at Craigie on Sunday 1 April. Rego: 7.30am, Race Briefing: 7.45am and Starts from 8am. See details below.
- 🚲 End of Season TRYSTAR's party at Craigie Leisure Centre on Sunday 1 April at 11am. See details below.

LAST HAVE-A-GO TRIATHLON – BRING YOUR FRIENDS:

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!!

END OF SEASON PARTY:

North Coast Triathlon Club invites all its TRYstars and families to the end of season Party at 11am on Sunday 1 April at Craigie Leisure Centre (venue still to be confirmed). The children can have a swim from the end of the triathlon until the party begins. The club will provide a free sausage sizzle, drink and fruit. All we ask is for some parents to help cook the sausages etc for us. Please let Ann or Frank know if you can help in this area. Party games will be organised with a few small prizes and the party should finish around 1pm. Hope to see as many of you as can make it. Thank you to those who have already offered

TRYSTAR 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 the last triathlon.

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 forever!! 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.northcoastriclub.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

*******ON GOING POSTS*******

GO YOU IRONMEN - GO

A small party of North Coasters will soon be making their way over to Port Macquarie for the BIG ONE – over 1600 competitors. Good luck guys and bring back those IM Medals.

Edwards, Shaun	WA, Australia	Male
Hosking, Bradley	WA, Australia	Male
Smith, Kerrie	WA, Australia	Female
Whalley, Bill	WA, Australia	Male

It will also be of interest to some members to know that Dave Moss (former Club President) and his wife Garnet (former Club Treasurer or was it Treasure?) will both be racing (now residing in Qld), as will Simon Fitzgerald, a former long serving Club Secretary (now living in NSW).

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 David Templeman,
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: david-templeman@dpc.wa.gov.au or by mail 10th Floor, Dumas House, 2 Havelock Street, WEST PERTH WA 6005 or phone 9213 7150.

TEAM SPOTS IN HALF IM

Runner wanted – contact Sue Fearnley 9307 2587 or 0439 989 957

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.cyclosporitif.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 ACCOMMODATED 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				
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					
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** _____

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

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>

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 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

(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

This Newsletter is sponsored by – Building Hire Pty Ltd.

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