

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 17/2007

NEW POSTS

Last run training for the season – this Thursday

Volunteers urgently needed to help at the Weetbix TRYstars event - a great experience

Cyclo Sportif has started – Still room for more riders as we want to enter an intermediate to fast team.

More Awards for Club members in TriEvents Series Results

Half IM – 74 from North Coast is your name missing from the list?

Half IM "Teams" section – who's racing from North Coast

The Half IM ride this Saturday shorter and more relaxed (to the power station)

Junior News.

TRYstars Action.

Club committee members needed – why not YOU.

The **Trading Post** – **NEW ITEMS** – **Prescription goggles.**

ONGOING POSTS

End of Season presentation lunch – all the details

No Club Swim Training in May

Rid the roads of **all that glass**

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*******

RUN TRAINING - SEASON ENDS

This week is the last week of running training for the season, so Thursday night will consist of an easy session followed by a few drinks at the Breakwater Tavern at Hillarys. Anyone who has been to any running sessions during the year is welcome to come along and tell me how fast you are planning to go at the Busselton Half. We will get to the tavern just after 7pm, and we will meet in the Sports Bar because some of us will be sweaty.

I look forward to seeing you there

Cheers

Kim

Anyone wanting to continue running in an organised format should join in the Sorrento Surf Club Wednesday night session. It commences at 6.00pm from the boatshed at the Club and is organised by Louise Millar. Louise is happy to accommodate North Coasters (just be nice to her) and she offers 4 or 5 difference time trial courses. Choose on the night which one you want to run and Louise will record your time for reference when you choose to run that course again. If you like hills, choose the Malcomb Street / Cliff Street course. The courses vary from 11k to 2.5k.

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.



CYCLO SPORTIF IS GO

The first race of the Series was held in Chidlow on Sunday and there was a great turnout of North Coasters. The Nyalators didn't make it to the start line as too many of their members were unavailable – next time they'll race for sure. Our teams all seemed to have a ball and with a race under our belts will be now be able to sort riders of similar abilities into more cohesive teams. The Junior Racing team will remain as is, but Plodders "A" & "B" might do some shuffling. Also there seems to be the need of an intermediate team for those too strong for Plodders "A" but not quite up to the speed of the Nyalators. John Cooke will manage/coordinate this team – so if you want to join contact John on 9275 3621, 0423 977 081 or email on jcooke@oztralia.com

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.

Race entry is usually \$30.00 per person and this includes a BIG lunch and some stunning spot prizes.

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 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 |
|-----------|------------------------------------|-------------|------------|
| 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 |

NORTH COASTERS FEATURE IN TRIEVENTS SERIES AWARDS

Pure Blonde Pursuit Series

| First name | Last name | Gender | Category | Series Pos |
|------------|------------|--------|----------|------------|
| Dannielle | COUSINS | Female | 25-29 | 1 |
| Kerrie | SMITH | Female | 25-29 | 2 |
| Bradley | HOSKING | Male | 35-39 | 1 |
| Susan | SCOTT | Female | 40-44 | 1 |
| Kim | VIVIAN | Male | 40-44 | 3 |
| Dianne | SCOTT | Female | 45-49 | 3 |
| Barry | SILVERLOCK | Male | 45-49 | 2 |
| John | HAWKINS | Male | 50-54 | 1 |

Ryders Eyewear Enticer Series

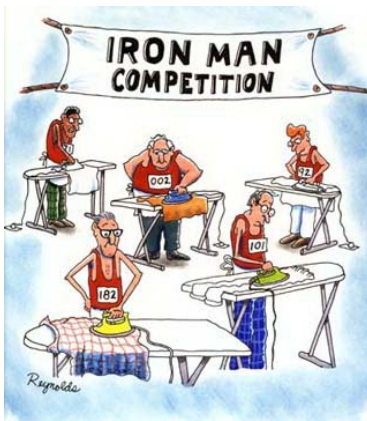
| First name | Last name | Gender | Category | Series Pos |
|------------|-----------|--------|----------|------------|
| Fiona | LONGDEN | Female | 40-49 | 3 |

TriEvent Junior Series

| First name | Last name | Gender | Category | Series Pos |
|------------|-----------|--------|----------|------------|
| Jack | NEARY | Male | U14 | 1 |
| Craig | SCOTT | Male | U14 | 3 |
| Ashley | FEARNLEY | Female | U16 | 3 |
| Bradley | BROWN | Male | U16 | 1 |

74 NORTH COASTERS DOING THE HALF IRON IN BUSSELTON - MAY 5TH

With Entries now closed, there are a total of 74 North Coasters (individuals) competing in the half iron man down in Busselton on the 5th May.



| | | | | | |
|-------------|----------|---------|----------|----------|------------|
| Catherine | Balde | Bradley | Hosking | Brett | Roberts |
| Christopher | Balde | Tom | Houston | Sam | Ross |
| Steve | Bird | Jacqui | Hymus | Susan | Scott |
| Norman | Black | Stephen | Jamieson | Robyn | Scott |
| Keith | Bowley | Wade | Kelly | Dianne | Scott |
| Wayne | Carter | Marek | Klimczyk | Mark | Sedgwick |
| Mark | Colthart | Alex | Kraan | Barry | Silverlock |
| John | Cooke | Stephen | Lees | Todd | Smith |
| Dannielle | Cousins | Sue | Libbis | Kerrie | Smith |
| Andrew | Crabb | Ken | Little | Nicholas | Stabler |

| | | | | | |
|-------------|------------|---------|-----------|---------|----------------|
| Sam | Curry | Martin | Lowell | Roger | Steinkrug |
| Gavin | Daniel | Rod | Marton | Tarnia | Stone |
| Terry | Donnelly | Richard | Matsinger | Karl | Thorstensen |
| Merredith | Douglas | Greg | McIntosh | Arthur | Vernon |
| Steven | Fay | Philip | Monks | Kim | Vivian |
| Rod | Fitzgerald | James | Nelson | Mal | Walker |
| Christopher | Ginbey | Alan | Nicholls | Loretta | Wesley |
| Roger | Hales | David | Norton | Bill | Whalley |
| John | Hawkins | Hayley | Norton | Nimal | Wickramasinghe |
| John | Hennelly | Chris | O'Brien | Murray | Williams |
| Tony | Highfield | Michael | Parrotte | Leon | Williamson |
| Toby | Hill | Robert | Parry | Leigh | Willison |
| Mark | Hoffman | Fred | Pearce | Craig | Wright |
| Ritchie | Hore | Allison | Ratcliffe | Jason | Wright |
| Andrew | Hosgood | Chris | Roberts | | |

Please let me know if your name is missing from list below, so that it can be updated next week. Email your name to Elly Waterman at watermans@iinet.net.au

TEAM SPOTS IN HALF IM

If you are racing in a team at HIM please let us know and the team name that you have entered in. Email the details to nortondo@bigpond.com

THE HALF I.M. SPECIFIC TRAINING RIDE THIS SATURDAY GOES TO THE POWER STATION

Again this Saturday we will ride as Half IM group - **but not Muchea**. We will ride approx 70k to Power Station with some sprints but plenty of spinning.

Meet at the DOME KINGSLEY 6.00am. 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.

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

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.northcoasttriclub.org.au/training-TRYstars.htm>

POSITION VACANT ON CLUB COMMITTEE

So far no one has come forward to take on Kim Tyler-Lees role on committee. We don't blame you. The Committee realises that it is a huge task for just one person to do all that Kim does. So we propose that the roles can be filled by several people doing specific parts of the job. For example, one person could solely do memberships, and someone else could answer phone enquiries only, while another could do the secretary role.

So please rethink whether you can help out next season, and whether a smaller and more defined role would be possible for you to fill. Talk to your friends in the club, together you may be able to form a team that can fill Kim's shoes.

Hopefully, this new approach will make it more attractive for people to step up, so everyone please reconsider how you might help.

If you want to discuss the possibilities, Nick (our President) and Kim would love to hear from you.

TRADING POST

Are you having trouble seeing the buoys? Prescription swimming goggles North Coast Tri Club is selling optical swimming goggles

So if you are short sighted and have eyes the same or different prescriptions, you can now get a pair of these made to order & and you'll never miss the buoy or swim off course again. We can organize a sight test at 2 optometrists, one north and one south of the river **free of charge**. Then email us your prescription and we will make these up for you and post the out for just \$80.00 per pair

Contact: Email kimtlees@bigpond.net.au Phone 93004946 or Mobile 0419 025 881

For sale race belts you will need one for the Busselton half Ironman so get yours now for only \$15.00

Can be posted, phone now to order yours - pay by credit card over the phone.

Kim ph 93004946 or 0419 025 881 or email kimtlees@bigpond.net.au

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

NORTH COAST ANNUAL WIND-UP LUNCH

Put in your diary the North Coast Annual Wind Up will be on **SUNDAY 17th** June at Marmion Angling and Aquatic Club. This will be a luncheon, not dinner, and children are definitely welcome.

Reserve lunch that day - now. North Coast will have sole use of the facility, and we expect a great turn out.

More details will follow.

SWIM TRAINING UPDATE

James Harris is having May off from swimming. Then back at it on the 5th June 2007

Rob and Kim will still swim and if anyone wants to join them.

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.

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 SLEAVE 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 _____

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.

CLUB EVENTS CALENDAR UP DATED - AQUATHLON & 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.northcoastriclub.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.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.

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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|----------------------------------|--|
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