

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 21/2007

NEW POSTS

The Saturday Scenic "Cycle for Fun" ride – **Revisiting Old Pinjar Hill**

North Coast Presentation Lunch – **buy tickets on line**

Your chance to vote for "Club Person of the Year"

TWA Presentation Dinner – **North Coast table**

From the Prez.

Half IM Singapore – training mates wanted

Some Dates to Remember **CHANGE**

"Ode to Elvis" – or why we do Cyclo Sportif

Not too late to join Cyclo Sportif

TRYstars

Club committee members needed – why not YOU.

The **Trading Post** – **New Post** Giant OCR II, only \$500.00

ONGOING POSTS

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

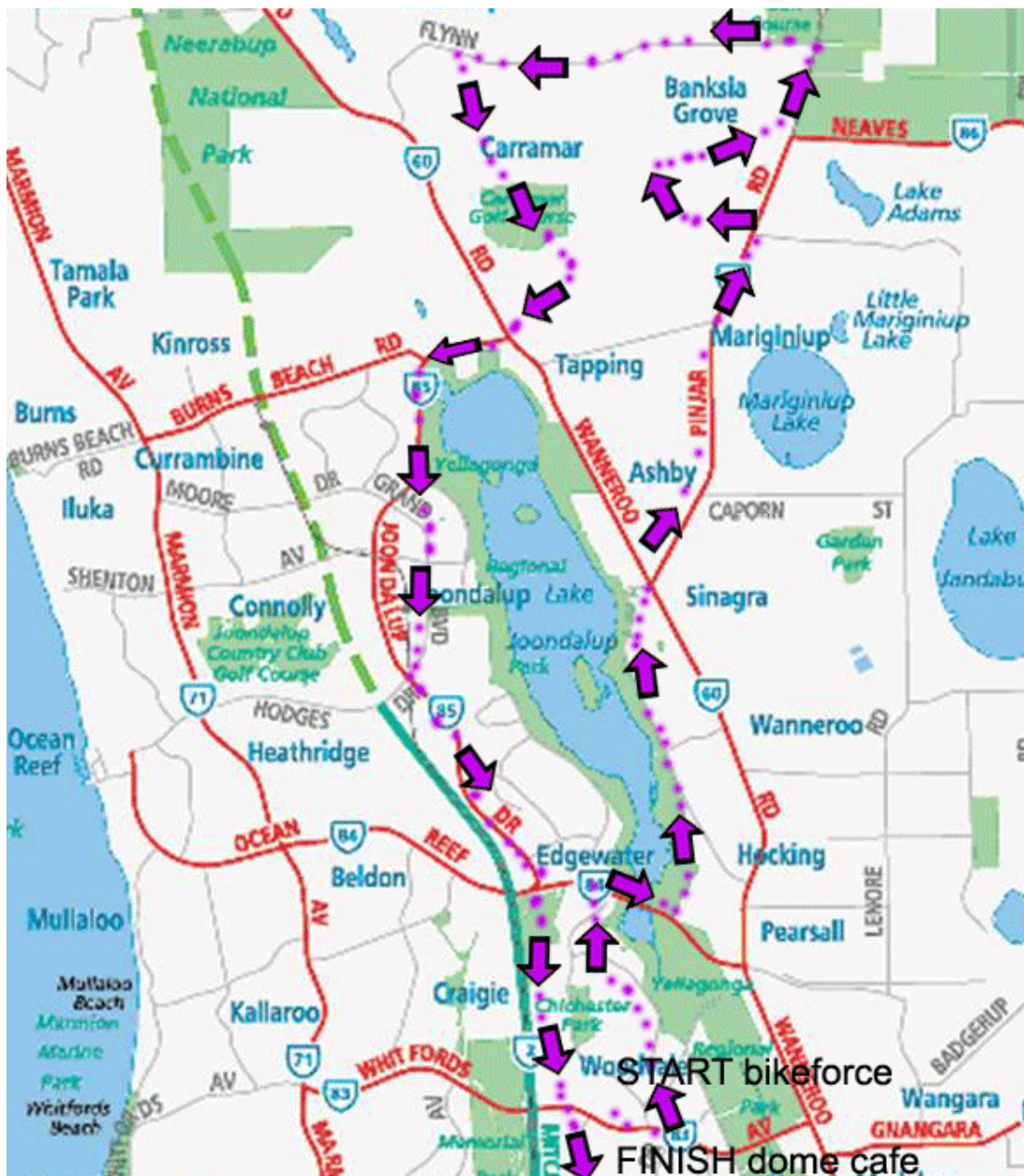
*******NEW POSTS*******

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

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 mornings 7.00am. Juniors are encouraged to join this ride as you will be taken care of. This ride format 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)

JUNIORS NOTE Due to lack of response a special ride will only be arranged for you if you contact me and register your intention to participate. I will keep a register of names and once we get a minimum of 5 participants then we will organise something for you. Interest shown by juniors for last Saturdays ride was nil. When and if a junior ride takes place, please introduce yourself to me before the ride leaves. **Juniors riding under my 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 Dave Norton on 9246 4886 (evenings only).

This Saturday "Looking for old Pinjar Hill"



CLUB PRESENTATION LUNCH

This event is the highlight of the Club calendar. Please join in the spirit and recognise the Club achievers as this is their day of glory. Awards will include; Triathlete of the Year – male & female, Junior Triathletes of the year, Senior & junior encouragement awards, Duathlon Champion – Scratch & Handicap. Aquathlon Champion – Handicap only. The event awards will all be given to third place – so there will be trophies galore.

Visit the Club website to purchase tickets. <http://www.northcoastricclub.org.au/index.html>

VOTE NOW FOR CLUB PERSON OF THE YEAR

Also presented on the Lunch will be the "Club Person of the Year". Please take this opportunity to show your appreciation to an individual who you believe has been an outstanding contributor to the running and well being of the Club. Please email Club President Nick Phillips with your choice on this address nands@iinet.net.au - you may nominate up to 3 people but each person only once. Please note that as the Club President alone is privy to the votes, therefore he/she is not eligible for the award.

The club person of the year is the member or supporter who was the most involved in club activities – competition and/or in other areas, for the season 06/07. This person gives of their time generously in the cause of ensuring the smooth running of Club initiatives and has the interests of all members at heart - often at the expense of their own. This person does not have to be a competitive member, or even a member, but, as family of a member and a keen supporter and helper in Club activities, they will also qualify for this prestigious award. The club president who presides over the award shall not be eligible for nomination.

NORTH COAST TABLE TWA DINNER

Bradley Hosking is putting together a table for North Coasters at the TWA Dinner. If will be attending and wish to sit amongst friends, please contact Brad. 9401 1904, 0407 944 004 or bradson@aapt.net.au

FROM THE PRESIDENT

- The details of the dinner will be up on website this week so as members can purchase tickets on line. WE need to give the dinner all our support.
- The date for AGM is to be reviewed.
- Entertainment books, we have 24 to sell - please direct all sales to myself.
- We will make an announcement re membership fees this week - just awaiting feedback from the committee.
- Anyone wishing to vote for club person of the year to do it this week - to myself only by email. Please note that only the president is privy to the voting.

Nick Phillips
President NCTC.
Mob.0417989429
Ph Home 92842730
E mail: nands@inet.net.au

SINGAPORE HALF

Here is the link to Singapore half and Aviva is the main sponsor and they have done some adverts. Just wondering if anyone else at North Coast might be interested in doing it - might need company this winter training! The race is on 2 September 2007, Sunday great course with part of cycle right in the city with road closures. Separate T1 and T2 points as well. Also 8 weeks before IMWA. Regards, John Cooke

<http://www.aviva-asia.com/index.cfm?pageid=562#> <http://www.ironman703singapore.com/>

DATES FOR YOUR DIARY

Cyclo Sportif Series	see below
TWA Triathlete of the Year Dinner	June 16 th Saturday
Club Presentation Lunch	June 17 th (Sunday) Marmion Angling & Aquatic Club
Club AGM	TBA
TRYstars Duathlon	July date TBA
TRYstars Duathlon	August date TBA
TRYstars Duathlon	September date TBA
North Coast Off Road Duathlon	September date TBA
Wild West Bike Tour	September 8 th & 9 th Geraldton – Kalbarri - Geraldton
Tour 'de Lancelin	TBA
Anaconda Adventure Race	November 4 th Dunsborough
Ironman WA	December 2 nd Busselton

ODE TO ELVIS- THE CYCLO SPORTIF SPIRIT

By cycling enthusiast Paul Fiddes

I have had the privilege of participating in every Cyclo Sportif event since its inception. The courses have been varied and so have the members in my team. My form has varied over the time which has resulted in me participating in the event and finding during the ride that I am in the strongest 3, the middle 3 and at times unfortunately the weakest 3. I much prefer it when I am the strongest 3 however this is not always possible. It becomes a very hard day when I am the weakest link. Flogging my guts out just to stick with my team and being tempted to pull out through injury or some other excuse. Then questioning my reasons for putting myself through this agony. The ride taking an eternity to finish. At the meal and the presentations those memories quickly fade and the talk switches to the next event.

Without doubt the best rides I have ever had, whether it be in the strongest 3, the middle 3 or the weakest 3 have been when there has been an absolute commitment by every member in the team to stick together at all times, no matter what, during the ride. The group energy and camaraderie at the finish line and the meal afterwards is the best reward of all and is what team sport is all about. During the ride, when the team is in beautiful harmony, sharing turns, in perfect formation, riding smoothly, it's an exhilarating moment. Now that is what I call an Elvis moment. Cyclo Sportif events are special because it is a team challenge with your friends. The team is only ever as good as the weakest riders in it and when the strongest riders leave them behind, that magic that makes Cyclo Sportif so special fades and can even disappear. It also becomes more dangerous because cyclists are scattered across the field.

How can my team have more Elvis moments?

1. Appoint a team captain who calls the shots during the ride. He will logically be one of your strongest 3 riders.
2. Make an absolute commitment within the team that you will stick within 25 metres of each other at all times during the ride. The stronger members can assist the others by smooth tempo riding in front of others (or whatever else they want to do, however it needs to be safe).
3. Have a clear understanding before the ride as to how you will rotate at the front to share the workload.
4. Communicate what you are doing and especially clearly alert others to potential dangers
5. Encourage each other during the ride. It helps bond the team.
6. If someone is struggling, the others (especially the strong ones) should discuss a simple plan to help the person.
7. The person struggling needs to communicate back as to how much assistance they need and the speed they are capable of as the event progresses (yelling faster/slower is a good start). Most importantly they should not feel bad

about their circumstance or be made to feel bad about it. Every team has their weakest rider. This IS what Cyclo Sportif is all about!!!!!! GO ELVIS

YOU CAN STILL JOIN CYCLO SPORTIF

If you want to be part of this action, it's never too late. For more information contact one of the team managers.

Team			Address			Email address	Home
Nyalaters	Steven	Fay	Unit 8 / 1 Wilton Place	Scarborough	6019	Manta-77@hotmail.Com	
Wannabes	John	Cooke	3 Newell Way	Noranda	6062	jcooke@oztralia.com	9275 362
Junior Racing	David	Norton	20 Wandoo Rd	Duncraig	6023	Nortondo@bigpond.Net.Au	9246 488
Plodders A	Sarah	Black	7 McInness Court	Greenwood	6024	Sarah5norm@hotmail.Com	9203 926
Plodders B	Sandy	Tindale	107 Cooke Ave	Hillarys	6025	Instylecakes@iprimus.Com.Au	9402 323

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.cyclosportif.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 PLODDER 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
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

TRYSTARS NEWS

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

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

For Sale: GAIANT OCR II; \$500 - Contact Chris Ginbey. For more details call or mail to 9259 6884, 0410 691 577 or coreagencies@westnet.com.au

For Sale: 2 x Mountain Bikes: 1 is a Norco Storm (white/black) 17 inch frame; the other is a Merida (orange) 18 inch frame. Both have front suspension. Merida still in very good cond, Norco - good cond. Both would be great as entry level bikes for those wanting to have a go at MT biking for fun. Both bikes worth \$1000 when new. Sell for \$200 each

Also have a lounge suite for sale: 1 x 2 seater 2 x 1 seater's salmon coloured \$250 for the lot. Great for kicking kids out into their own pad!
Call Cas Whiting 0424 576 656

For Sale: New Female Elite Tri Suit still in pkt with tag on \$219 but selling for \$200. Size 14= 94-99 cm chest, 76-80 cm waist, 102-106 cm hip. Colour: graphite/red/white. See www.orca.com for picture and details. Contact Sue Scott 9300 1513.

For Sale: New style Ladies North Coast Transition suit for sale – worn only once (to win the female cat of Max Grieve 10k Classic). Small ladies size will take \$75.00 (paid \$140.00). Contact Dave Norton 9246 4886 or nortondo@bigpond.com



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*******

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 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							UNIT COST	TOTAL
	SIZE	SIZE	SIZE	SIZE	SIZE	QTY		
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 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 - PRESENTATION DINNER & CYCLO SPORTIF

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.html>

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.html>

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

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

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.

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.

<p>BUILDING HIRE PTY LTD</p> <p>Specialising in:</p> <ul style="list-style-type: none">• Scaffolding• Bricklaying	<p>David Norton Operations</p> <p>4/27 Pavers Circle Malaga WA 6090</p> <p>Tel 9209 3550 Fax 9209 3551 Mob 0431 032 040 Email david.buildinghire@people.net.au</p>
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Please call Dave for all your scaffolding needs