

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 30/2007

SPECIAL AGM EDITION

NEW POSTS

A note from our **Club President**
Notice of - **North Coast Annual General Meeting**
Nomination Form – **North Coast Annual General Meeting**
Proxy Voting Form - **North Coast Annual General Meeting**
Rejoin TWA & North Coast so you can vote at the AGM **early bird special**
100 Club Raffle – NC/Sorrento SC
What's Cooke..ing in John's www?
Some Dates to Remember UPDATED
The Saturday Scenic "Cycle for Fun" ride – *Butler ...and back. Weather permitting.*
The **Trading Post** – Antique Jarrah desk for sale. Job available at

ONGOING POSTS

Are you up to the Challenge?
And now we have a "**Painathlon**"
Not too late to join Cyclo Sportif
TRYstars
Club committee members needed – why not YOU.
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 the editor Dave Norton at: nortondo@bigpond.com

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

A NOTE FROM THE PRES

To all North Coast Triathlon Club Members.

This Sunday the 29/07/2007 is the annual AGM for the Club.

As President on behalf of the dedicated committee we would like to see as many members as possible attend this year's AGM and show support for your Club.

The Club does not run by itself it requires some effort from a dedicated few, so turn up have your say and support those who volunteer or, be one of those people that assist in running the club.

We welcome new ideas and thinking.

Our intention this year is to have more doing less on committee which simply means we want to dedicate roles with a smaller amount to do means more doing less.

Look forward to seeing you all there at Sorrento Surf life saving club at 3.00 pm.

Nick Phillips
President NCTC.
Mob Ph: 0417989429
Home Ph: 92842730

NORTH COAST TRIATHLON CLUB AGM



Date: 29/07/2007 (Sunday)

Time: 3.00 pm

Venue: SSLSC. (Sorrento Surf Club)

Note: Season 07/08 financial members only can vote and be elected to the committee. (All past members are still encouraged to attend).

Nibbles and drinks afterwards.

Let's have a good roll up, so that we can have a constructive and productive AGM. This is your chance to have your say on how the Club should be run and an opportunity to get some feedback from rank and file members.

Everyone's a born leader some just don't realize just how good they could be – a term on the Club committee might just give you the opportunity to realize a dream – and become a community leader.

"The opportunity to give time for the betterment of your fellow being doesn't have to be for material reward alone, the real reward is more often simply that smile, that laugh or the happiness you helped create." ED

COMMITTEE NOMINATION FORM

Please use this form below to nominate someone or for someone to nominate you.



COMMITTEE NOMINATION FORM 2007 / 2008

I,

Wish to nominate

(Please print name of nominee)

Of

(Please print address of nominee - if known)

To the committee of the North Coast Triathlon Club (Inc) for the year **2007/2008**

Position

Seconded by

Signed

.....
(Nominator)

.....

(Secunder)

(Nominee)

Please return this form to:

The President,
North Coast Tri Club
P O Box 556, HILLARYS. WA. 6923.

Or email to: 'president@northcoasttriclub.org.au' By July 11th 2007.

Note: If you wish to be nominated to the Committee but do not know of a person who can nominate you, please advise Club President Nick Phillips on

0417 989 429 or 9284 2730, who will register your name for you.

If you would like try your hand at being a committee member, please call Nick Phillips on the number below.

Nick Phillips
President NCTC.

Mob Ph: 0417 989 429 Home Ph: 9284 2730

PROXY VOTING FORM

If would very much like to have your say at the AGM, but are not able to attend, then you can make your vote count by nominating a proxy to vote for you. To have any vote cast on your behalf it is required that you are a financial member of TWA and your Club. Please make a copy of the form below



PROXY VOTING FORM

CLUB **NORTH COAST TRIATHLON CLUB INC.**

I, (name) _____

Of (address) _____

Being a member of the above named club,

Hereby appoint (name) _____

Of (address) _____

As my proxy to vote for me on my behalf at the (annual) general meeting of the Association, to be held on 29 July 2007, and at any adjournment thereof.

The form is to be used *in favour of/against the resolution.

(*Strike out whichever is not desired. Unless otherwise instructed, the proxy may vote as he thinks fit.)

Signed this _____ day of _____ 2007.

Signature _____

The instrument appointing a proxy shall be deposited with the President at or before any meeting or adjourned meeting at which the person named in the instrument proposes to vote.

REJOIN TWA EARLY BIRD SPECIAL

(It's time to **renew your Triathlon WA membership** - everyone who does so before July 31 2007 gets an Early bird discount. Remember you are only covered under the TA insurance policy during training and racing while you are a member. **All 2006-07 memberships expire midnight on Saturday 30th June.** Visit <http://www.triwa.org.au/member.htm> to rejoin.

SORRENTO CHALLENGE 100 CLUB - BUY YOU TICKET AT THE AGM

What is it? The "100 club" is jointly being run by Sorrento SLSC and North Coast. Rules are simple - buy a ticket for \$100 and could win from \$100 to \$2000. The odds are good too - every 1 in 5 entries will win one of the prizes. We are quite happy for people to form "syndicates" and buy a square as well. Money can be paid to Mike Blatchford or via the bar on Wednesdays at SSLSC or to the Sorrento administrator Beth by phone and credit card.

All proceeds to be shared between the clubs, but could help towards the new trailer or whatever we want as a club. We stand to make > \$2000 if we sell all tickets.

Come and buy a ticket in the CHALLENGE - only \$100 per square.

First prize	\$2000
Three second Prizes of	\$500
Six Third Prizes of	\$250
Nine Fourth Prizes of	\$100
That gives you a one in five chance of being a winner	

Draws will be on the following dates:

Wednesday 17th October 2007 at 7.30pm
Wednesday 14th November 2007 at 7.30pm
Wednesday 19th December 2007 at 7.30pm

Each draw will contain one second prize, two third prizes and three third prizes

First prize also drawn on the 19th December 2007

WHAT'S COOKE.. ING IN JOHN'S WWW?

Dealing with race week stress

<http://www.triathletemag.com/site3.aspx>

The Golden Boy from the Australian Gold Coast: Fran Arfaras profiles 18-24 Kona Champ Brian Fuller from Coolangatta, Queensland.

<http://www.ironmanlive.com/events/ironman/worldchampionship/results/agegroupwinners/fran-arfaras-profiles-18-24-kona-champ-brian-fuller-from-coolangatta>

Wheaties honours its first triathlete

http://www.active.com/triathlon/Articles/Wheaties_honours_its_first_triathlete.htm

Rocket Science Sports Announces Technological Firsts

"We do not expect this bottle alone to make a huge difference, but it's the sum of the whole that counts, aero fork, helmet, frame, rider's position etc." says aerospace engineer and designer Marcin Sochacki,

http://www.xtri.com/features_display.aspx?riIDReport=4158&CAT=24&xref=xx

Bike of the Race: Felicity Hart

http://www.tri247.com/article_2215_Bike+of+the+Race%3A+Felicity+Hart.html?category=features

Triathlon: the family way

Posted by: Editor (This hits home for lots of people juggling work , family and training)

http://www.tri247.com/article_1945_Triathlon%3A+the+family+way.html?category=training

Core Strength Training for Triathletes

Train your core! The following program is designed for an in-season triathlete, can be done anywhere and with no equipment.

<http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=425>

An Open Letter to Triathletes

The Fat Cyclist

http://fatcyclist.spaces.live.com/blog/cns!B26536EE8298D087!5460.entry?_c=BlogPart

A contribution from gclarke on the TRIWA forum pages under

Heard any good jokes lately ? Definitely worth repeating

Only in America: <http://www.cyclingforums.com/t410378.html>

http://www.rouleur.cc/1_a-fixed-idea.html

Website of a cycling photojournalist with great pics, wallpapers and bits on cyclist and recent shots of the tour.

<http://www.grahamwatson.com/2007/tdf/coverpage.html>

Regards

John

DATES FOR YOUR DIARY

Club AGM	July 29 th Sunday 3.00pm SSLSC
TRYstars Duathlon	July date TBA
Cyclo Sportif - Pelotons de Pinjarra	July 29 th Sunday (Pinjarra)
Perth Painathlon	August 4 th
Teva Adventure Race	August 19 th
Cyclo Sportif - Le Avon Valley Gran Fondo	August 26 th (Northam)
TRYstars Duathlon	August date TBA
TRYstars Duathlon	September date TBA
North Coast off Road Duathlon	September 16 th
Wild West Bike Tour	September 8 th & 9 th (Geraldton – Kalbarri – Geraldton)
Sorrento Challenge	September 15 th
Cyclo Sportif - Sur le Rivet a York	September 23 rd (York)
Tour de Lancelin	October 13 th /14 th
Collie River Marathon	October 13 th
Cyclo Sportif - Pedali a Pickering	October 21 st (Pickering Brook)
Blackwood River Relay	October 27 th
Tour 'de Lancelin	TBA
Anaconda Adventure Race	November 4 th Dunsborough
Donnybrook Marathon Relay	November 17 th
Cyclo Sportif - Great Perth Bike Ride	November 25 th (Around the River)
Ironman WA	December 2 nd Busselton

A message from our Club Captain

The calendar below shows the list of running events that are available to keep you fit and motivated over winter. You will find North Coast members at all these events, so come along and try something different to the usual summer triathlons.

The main event being run by NCTC this winter is the Off Road Duathlon (see "dates for your diary" – above) on 16th September. This race will have two distances to cater for juniors and novices as well as the more experienced mountain bikers in the club. Therefore please pencil this event in your diary, and more information will follow shortly.

- 22/07/07 Cottesloe Cup 9.2km run
- 29/07/07 King of the Mountain 16.1km run (Helena Valley)
- 05/08/07 Asics Run For Gold Fun Run 10km/5km (Burswood Park)
- 12/08/07 Wally Cairns Cross Country 15km/10km/5km (Kings Park)
- 26/08/07 City to Surf Fun Run 21.1km/12km/4km (Perth)
- 02/09/07 Perth Half Marathon 21.1km/5km
- 09/09/07 Pancake Run 15km/5km (Kings Park)
- 16/09/07 Lake Gwelup Run 10km/5km
- 23/09/07 Fremantle Fun Run 10km/5km

Thanks

Kim Vivian

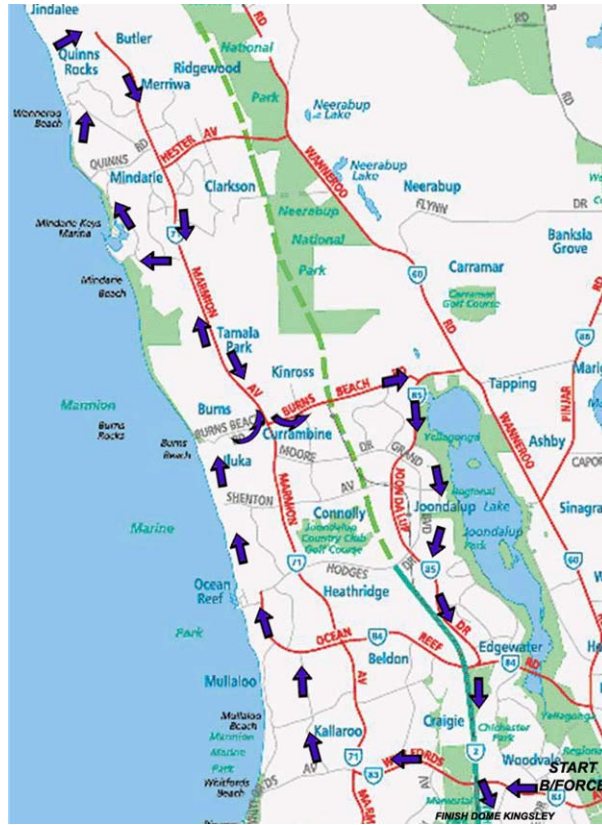
THE 7.00AM RIDE IS LATER, LIGHTER, SLOWER, SHORTER, AND VARIED & SCENIC

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 40-45km 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 Saturday's 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 – *Butler...and back*



NOTICE BOARD

Desperately seeking staff: MYO food store / café in Perth and is looking for staff. Contact Michelle Stummer at myomillstreet@bigpond.com. Full time or part time options available, with immediate start.

(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)

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

ARE YOU UP TO THE CHALLENGE...THE RANGER OUTDOORS SORRENTO CHALLENGE?



Sorrento Surf Life Saving Club and North Coast Tri Club have joined forces to present Western Australia's ONLY metropolitan adventure race. In the lead up to the race, we will be conducting paddle training for those new to the sport.

DETAILS

- 6 x 1 hour coached paddle sessions
- Maximum 15 participants per group
- 21 July, 28 July, 11 August, 18 August, 25 August and 1 September 2007 (6 weeks)
- 10.00am and 11.15am start times
- Cost \$60 (includes craft hire for first 15 participants)

- People with own craft welcome to participate
- Finn Kayaks are kindly providing craft for the training course (these may also be available for the race)
- For all of your equipment needs visit Ranger Outdoors at any of their 9 metropolitan stores (www.rangeroutdoors.com.au)
- Book now at Sorrento Surf Club on 9448 1431 or email info@sorrentoslsc.org.au

Full details of the event will be available at www.sorrentochallenge.com.au by the middle of this week.

See you out there.

PERTH PAINATHLON '07 FOR VARIETY WA - SATURDAY 4TH AUGUST, 2007 (SUPPORTED BY CYCLING WA)

Come on North Coasters – this one's for you.

Bill Whalley is sure to be champing at the bit already – It is rumoured that over the long weekend that he road cycled for 4 hrs on the Sat morning, MTB'ed for 3 hrs in the afternoon. On Sunday he did his usual 4 k ocean swim and was planning a 3hr run that afternoon. And then on the Monday.... well who knows - has anyone seen him since, or is he still out there running?

In all seriousness it should be mention that Bill has done Kona – TWICE, so it will be interesting to hear his comments on M Dot letter.

So to the PAINATHLON...The aim is to complete 10 well known running challenges all around Perth, cycling in between each one, before the sun goes down.

The Challenges in order:

1. City Beach Groyne Runs
2. Reabold Hill Run
3. Cardiac Hill, Kings Park
4. Mount St
5. Bridges Run
6. The Truth, Bridgadoo (Campersic Road)
7. Quadcruncher, Kalamunda
8. Valley Runs, Kalamunda
9. Canning-Mt Henry Bridge Run
10. Jacobs Ladder

Distance: 160km inclusive of 117km cycling, 23km hill running and 20km flat running

Time: Sunrise til sunset (7am-5.30pm)

For more information see www.myspace.com/Painathlon. To register interest in competing e-mail Painathlon@hotmail.com. To donate visit www.varietywa.com for details

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	Work	mobile
Nyalaters	Steven	Fay	Unit 8 / 1 Wilton Place	Scarborough	6019	Manta-77@hotmail.Com			0415 700 164
Wannabes	John	Cooke	3 Newell Way	Noranda	6062	jcooke@oztralia.com	9275 3621		0423 977 081
Junior Racing	David	Norton	20 Wandoo Rd	Duncraig	6023	nortondo@bigpond.Net.Au	9246 4886	9209 3550	0431 032 040
Plodders A	Sarah	Black	7 McInness Court	Greenwood	6024	Sarah5norm@hotmail.Com	9203 9263		0433 154 176
Plodders B	Sandy	Tindale	107 Cooke Ave	Hillarys	6025	Instylecakes@primus.Com.Au	9402 3236		0410 603 236

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 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
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.

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.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.html>

CLUB YEARBOOK 2006/7 AVAILABLE SOON ON CLUB WEBSITE

CLUB YEARBOOK. For a summary of all Club activities including full event/series results, Club records, membership register and office bearers for the season 2006/07 - the yearbook can be read soon on the Club website by clicking <http://www.northcoastriclub.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".

CLUB TRAINING SESSIONS AND GROUP RIDES

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.

SATURDAY at 7.00am from Bikeforce Woodvale (winter only) – see details above in **The Saturday Scenic "Cycle for Fun" ride**

THURSDAY at 6.00am 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.

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 different 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

"Swim faster – less effort". Impossible I hear you say... but no, the good news is that it IS possible. The Triathlon off season is the time to forget the hard grind and learn to swim like a fish. Swimming speed and efficiency is all about technique, skill and strength – **"getting your aqua dynamics, your timing, and your power, all working in harmony"**.

James Harris restarted the Tuesday evening swim sessions on June 5th – duration is from 7pm – 8pm and coaching fee remains at \$7.00 per session (pool entry not included). Traditionally James uses this off season period to concentrate on stroke correction – even good swimmers can benefit from this as we all pick up bad habits.

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>

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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