

# **NORTH COAST TRI CLUB**

## **'WHAT'S HAPPENING' BULLETIN, WEEK 32/2007**

### **NEW POSTS**

**Wild West Bike Tour** – North Coast looking for riders

**Tour 'de Lancelin** - soon

**TRYstars News**

**Season Yearbook (06/07)** can now be read on the Club Website

**What's Cooke..ing** in John's www?

**Some Dates to Remember**

**The Saturday Scenic "Cycle for Fun" ride – Marshall Road.**

The **Trading Post**: \* For Sale - **GIANT CFR** Pro Composite Tri bike. \* For Sale - **Wheel Set.**

### **ONGOING POSTS**

Your **new committee** is....

**Are you up to the Challenge?**

**Not too late** to join Cyclo Sportif

**TRYstars**

**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](mailto:nortondo@bigpond.com)**

## **\*\*\*\*\*NEW POSTS\*\*\*\*\***

### **WILD WEST BIKE TOUR**

North Coast would like to enter at least 2 teams in this annual event. All interested members please contact Kim Tyler-Lees to register your name ([kim@robleesdesign.com.au](mailto:kim@robleesdesign.com.au)). Once we have a list of interested riders, we will start looking at the makeup of the teams (7 per team). Please read the article below on last year's event. Any further information can be obtained from the official "Tour" website"- [www.myweb.westnet.com.au/wildwest/](http://www.myweb.westnet.com.au/wildwest/)

*"Another exhilarating weekend of hard as nails racing, keen competitive spirit and great camaraderie amongst all competitors and support crews. The Wild West tour for 2006 comprised 17 teams, 11 from the Geraldton and the Midwest region and 6 from Perth. Final results were Bikeforce Woodvale A first, JCC second and Stadia third.*

*With teams from Northampton, Police department, Stroke Prevention, Mental Health, Main Roads, Bike Shops and North Coast Tri Club the scene was set for action from the time the first team hit the road. Saturday stage 1 was 135km morning ride from Geraldton to Binnu. The rolling hills through the Chapman Valley to Nabawa proved very demanding of some teams. As the ground levelled out in to the grain plains north east of Geraldton the speed picked up decidedly. As the teams passed the 90km mark and turned West in the run to Binnu the breeze became a gale. As we got closer to Binnu the breeze began to drop and the pace increased yet again.*

*During this stage the top teams began a slow but steady progression from the back of the field to the front. With three minutes between teams at the beginning Stadia, JCC and Bikeforce A gave away 42, 45 and 48 minutes respectively to the front markers the Northampton Nymphs. The end of the stage saw Bikeforce A home first by a race winning lead of 15 minutes over JCC. Their charge through the field was relentless with a well thought race plan and two evenly paced sub teams alternating on the road. The North Coasters battled hard through this section losing only two places from their original seeding.*

*Stage 2 was 70km into the afternoon South Westerly from Binnu to Kalbarri. This was a shorter but no less difficult stage as teams battled to hold position against the faster teams behind them. On the stage the North Coasters managed to hold position against our closest rivals the Ground Hogs who had managed to ride over us on the longer stage. The final hill into Kalbarri was a welcome sight to all competitors.*

*Sunday saw a changed format. The final team competitive section was a 115km morning section from Kalbarri to Northampton. Sore legs from the day before were soon ridden out as a relentless southerly belted in the face of the riders all the way to Port Gregory. It was here that the true comradeship of this year's race came to the fore. Spectators and support crews eagerly supported all riders, no matter which team they were in, as they all struggled against an energy sapping breeze. Again quality came to the fore front as the top sides rode through the field (all be it a little more slowly than Saturday). Unfortunately it was this section that saw the North Coast Team suffered and fell by the wayside as several teams out rode us.*

*With lunch at the Northampton Football club oval under our belts, the Dash For Cash, 28km into Nabawa was underway. It was a relentless pace which saw Craig Davies (JCC) take out King of the Mountain and Lagos Varga (Bikeforce A) win the Dash For Cash. Two of the North Coast Team, The irrepressible Dave Norton and young gun Steve Fay (well young compared to the rest of the team) worked valiantly from the start to the finish but both found the pace a little hot.*

*The Sunday evening meal and presentations occurred at the Towns Football Club in Geraldton. It was a great meal and awards ceremony. As this was a fund raiser for Police Legacy there was some keen bidding on the auction items as people contributed to the funds for this worthwhile group. A well deserved thank you to the Police Department for their organisation and road control. They did a fantastic job of putting on a top class event again. Well Done!*

*Congratulations to the North Coast team of Steven Fay, Nimal Wickramasinghe, Dave Norton, Eddy Girvan and to our wonderful driver and support crew Lyn Girvan. Congratulations also to other club members and sponsor (Wayne McIntosh) who participated in other teams including Bikeforce A and B, JCC, Mental Health and Rail Services.*

*Hopefully we will be able to get back to two teams for 2007 if we make a concerted effort to plan ahead. So beware Coasters we will be head hunting to create a competitive team for next year"*

## TOUR 'DE LANCELIN

This is the Club ride to Lancelin – ride up on the Saturday morning, spend the night and ride back on Sunday morning. This will take place on the weekend of October 13<sup>th</sup> & 14<sup>th</sup>. Riders will be split into groups of like ability, with the slowest group leaving first. It is hoped that the IMWA entrants will form a group that will ride straight to Lancelin nonstop, the other groups will call in at the halfway stop at Woodridge Park to be fed by the support crew. A big Club BBQ will be held on the Saturday night. Our accommodation is the Lancelin Backpackers hostel – details of cost and room types will be in next week's Newsletter.

## TRYSTARS NEWS:

### TRYSTARS NEWS:

#### COMING UP:

#### TRYSTAR WINTER DUATHLONS:

Two Duathlons have been organised at Craigie Leisure Centre for:

**SATURDAY 11 AUGUST** 2007 Registration: 2pm, Race Briefing: 2.15pm and Start: 2.30pm

**SATURDAY 1 SEPTEMBER** 2007 Registration: 2pm, Race Briefing: 2.15pm and Start: 2.30pm

**You must be a member to take part and one parent per family is expected to help as always!! See how to join above. Please join before you come to the event.**

#### THE 2007/08 SEASON IS HERE:

We hope you have enjoyed your break from triathlon and are looking forward to a new season. This started at the beginning of July and we have two winter Duathlons organised at Craigie Leisure Centre. To participate in these or any other TRYSTARS activities in the coming year you must be a member of TRYSTARS. **Join up as TRYSTARS, unless you are 12 or over this season.** If you are 12 or over you have a choice of 2 memberships. TRYSTARS or Junior Competitive, which are explained on the North Coast website: <http://www.northcoasttriclub.org.au/> then click on: TRYSTARS. Read this and decide which membership suits your situation. (Junior members who are 15 or under are still welcome at all our TRYSTAR sessions.)

#### TRYSTARS REGISTRATION IS ON LINE:

##### This is how to join:

Go to the membership section on the Triathlon WA website: <http://www.triwa.org.au/member.htm>, then click on "join TWA online", then click 'here' in the yellow bar.

**If you know your ID number** (look at your membership card) from last year then **click the "renew membership"** button, then put in your membership number from last year and the other details asked for and continue through the prompts. You will need to put in "North Coast" as your club and "kids TRYathlon" as your membership category.

**If you do not know your membership number send me an email** and I will send it to you **or click on new member registration.** (This will not cost you any extra if you are registering more than one child in TRYSTARS, but will be more if you have only 1 child.) Continue through the prompts. You will need to say "yes" to club and then put in "North Coast" as your club and "kids TRYathlon" as your membership category.

You will then follow through the prompts filling in or updating you latest information and choosing the appropriate membership category, finally the site will generate the amount you owe and you pay this with your credit card. You will need an email address as well to do this. If this is not possible for you for any reason contact me and I will see what I can sort out for you, but please try doing it this way first as it saves me and everyone else a huge amount of time and effort!!

**IMPORTANT NOTE: Please print your receipt once you have joined and bring it to the Duathlons as proof of membership until your membership card comes through.**

#### COACHES FOUND FOR COMING SEASON:

I am happy to welcome on board the following coaches for the coming TRYSTAR season.

At Kinross we will have **Kate Kelly** looking after the run training and **Jodie Knierum** the cycle training. Both are TRYSTAR parents and experienced Triathletes.

At Sorrento we will have **Roberta Lori** for the run training and **Jon Houlahan** for the cycle training. Again both are TRYSTAR parents.

Other parents and North Coast members have offered to support our coaches occasionally so it looks as if we will be able to run a fun filled, exciting and interesting program for another year. If anyone else feels they could act as a reserve coach from time to time please let me know as this takes the pressure off the hard working volunteers if they wish to go away for the odd weekend with their families. Please try to go and watch your children's training and maybe give a hand so you become familiar with what is being taught.

One initiative we hope to include this year is a Friday cycle ride for the 12+ TRYSTARS along the cycle paths from Sorrento from time to time instead of their usual training. Any parent wishing to help with this and cycle with the kids would be appreciated or even drive to strategic spots to assist if anyone has a puncture or comes off their bike. We are also looking at organising a North Coast TRYSTAR group of the 12+ TRYSTARS to go to a few competitive races together this season to assist them in making the transition from TRYSTAR to TRIATHLETE!! Watch your emails for more information on this.

.Ann Blatchford 9448 4265(h) or 0403 114 677(m) [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)

## 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	<b>\$2000</b>
Three second Prizes of	<b>\$500</b>
Six Third Prizes of	<b>\$250</b>
Nine Fourth Prizes of	<b>\$100</b>
That gives you a one in five chance of being a winner	

Draws will be on the following dates:

Wednesday 17<sup>th</sup> October 2007 at 7.30pm  
Wednesday 14<sup>th</sup> November 2007 at 7.30pm  
Wednesday 19<sup>th</sup> 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 19<sup>th</sup> December 2007**

## CLUB YEARBOOK 2006/7 AVAILABLE 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 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".

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

**John & Judy Collins - Ironman Founders talking about the first race in Hawaii.**

A great line by John Collins: "Maybe not as fast as the person in front of you but certainly faster than the person who never started."

<http://uk.youtube.com/watch?v=kCYCPaDXT90>

**A neat gif attachment**

<http://i2.photobucket.com/albums/y33/cowboys3356/triathlon.gif>

**The bike biz by Dan Empfield, Sept-Oct '02**

<http://www.slowlitch.com/mainheadings/features/bikebiz.html>

**Giant's Story**

<http://www.giantbicycles.net/en-AU/ridelife/ourstory/>

**Tips for the busy triathlete. These tips were taken from a recent discussion on Gordo Byrn's Tri Forum.**

<http://www.madcowsracing.org/training/busytriathlete.php>

**10 Easy Ways to Ruin Your Race by Gale Bernhardt**

<http://www.active.com/triathlon/Articles/Ten-Easy-Ways-to-Ruin-Your-Race.htm>

**Double Ironman Triathlons: The More Miles, the Merrier**

<http://www.active.com/triathlon/Articles/Double-Ironman-Triathlons--The-More-Miles--the-Merrier.htm>

Cracking the Code on Sweat Rates

By [Gale Bernhardt](#)

<http://www.active.com/triathlon/Articles/Cracking-the-Code-on-Sweat-Rates.htm>

**Bumble Bee's and Race Horse's (02 February 2006) Article taken from Triathletes Training Bible by Joe Friel**

[http://www.mytrainingday.com/store/news/Bumble\\_Bee%E2%80%99s\\_and\\_Race\\_Horse%E2%80%99s\\_88.asp](http://www.mytrainingday.com/store/news/Bumble_Bee%E2%80%99s_and_Race_Horse%E2%80%99s_88.asp)

**Triathlon South Africa**

<http://www.triathlonsa.co.za/index.php?ref=home>

**Ironman China**

<http://www.ironmanchina.com/index.php>

**Checking in with Gordo**

*Gordo graciously took the time to check in with the community and subtly reminded us through his own actions that simplicity trumps complexity in succeeding in triathlon*

<http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=705>

Regards

John

## DATES FOR YOUR DIARY

**TRYstar Duathlon**

Teva Adventure Race

**Cyclo Sportif** - Le Avon Valley Gran Fondo

**TRYstar Duathlon**

North Coast off Road Duathlon

Wild West Bike Tour

Sorrento Challenge

**Cyclo Sportif** - Sur le Rivet a York

Tour de Lancelin

Collie River Marathon

**Cyclo Sportif** - Pedali a Pickering

Blackwood River Relay

**August 11<sup>th</sup> Craigie Leisure Centre, Rego: 2pm Start: 2.30pm.**

August 19<sup>th</sup>

August 26<sup>th</sup> (Northam)

**September 1<sup>st</sup> Craigie Leisure Centre, Rego: 2pm Start: 2.30pm.**

September 16<sup>th</sup>

September 8<sup>th</sup> & 9<sup>th</sup> (Geraldton – Kalbarri – Geraldton)

September 15<sup>th</sup>

September 23<sup>rd</sup> (York)

October 13<sup>th</sup>/14<sup>th</sup>

October 13<sup>th</sup>

October 21<sup>st</sup> (Pickering Brook)

October 27<sup>th</sup>

Tour 'de Lancelin	TBA
Anaconda Adventure Race	November 4 <sup>th</sup> Dunsborough
Donnybrook Marathon Relay	November 17 <sup>th</sup>
<b>Cyclo Sportif</b> - Great Perth Bike Ride	November 25 <sup>th</sup> (Around the River)
Inrman WA	December 2 <sup>nd</sup> Busseton

**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.

- 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

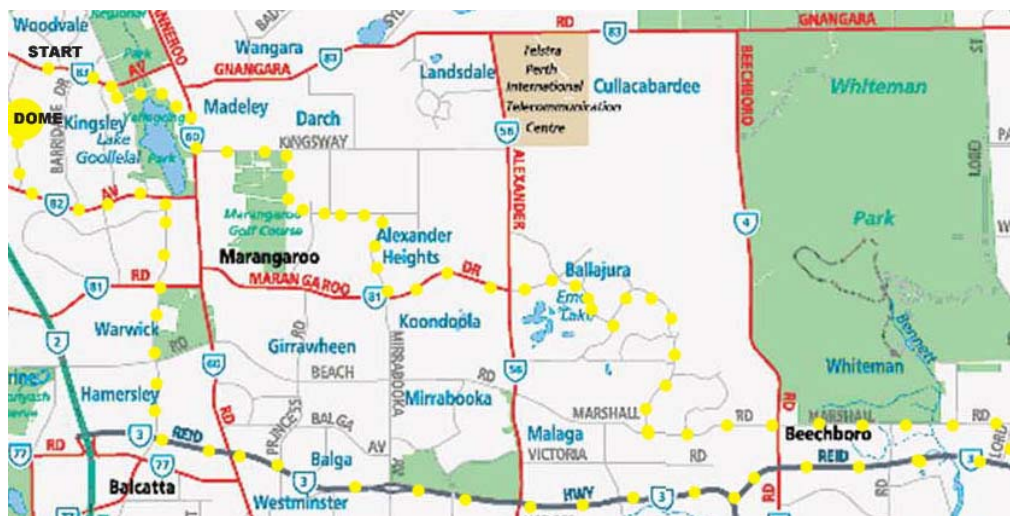
Thanks  
**Kim Vivian**

**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 40-45ks 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 – Marshall Road**



**NOTICE BOARD**

**For sale** - Giant CFR Pro Composite Carbon Fibre (55 cm frame). Ultegra running gear (9speed). Chain rings, chain and rear cluster only 6 months old.  
**ONLY \$850.00**  
Contact Paul Covich on 94471557 or email [paul\\_simone@bigpond.com.au](mailto:paul_simone@bigpond.com.au)



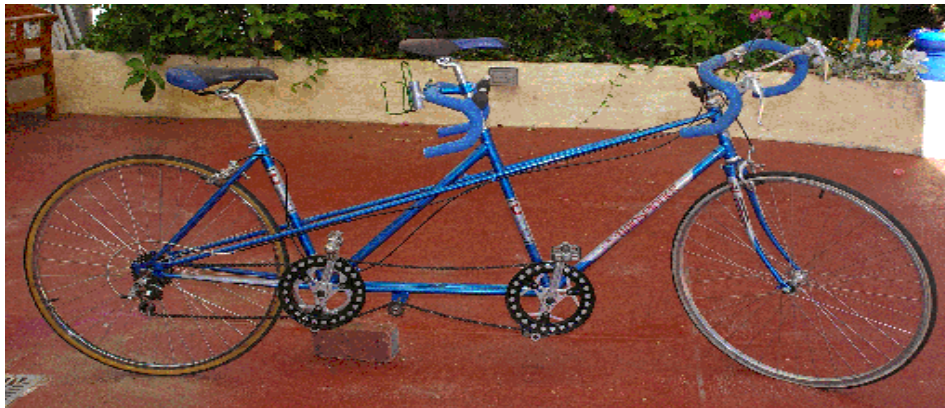
**For Sale** – Wheel set (front & back), VELOCITY AEROHEAD Deep V. 8 speed cassette, and new continental Grand Prix tyres. A steal at **\$100.00** for the lot. Contact Mike Wren – 0417 188 334.



**For Sale: Bikes Bikes Bikes**

- Tandem Bike "Twinspinner", fully rebuilt and new duco. South Australian made. **\$495.00**
- **San Andreas** Mountain Cycle – downhill racer. **\$650.00**
- **Bianchi** Road bike size 52, full Shimano 105 running gear, rear light, computer. **\$395.00**
- **Kojima Eagle** Road bike size 50, full Shimano RX100 running gear, computer, flat handlebars with grip shift gears. **\$195.00**
- **Giant** Mountain bike – rusty chain. **\$50.00**
- **Avanti** Pro Series Road bike, carbon FCM, Shimano 105 derailleurs, Ultegra shifters, size 55. **\$395.00**

Contact: Dave Norton – 0431 032 040



Twinspinner Tandem Cycle **\$495.00**



San Andreas Mountain Cycle **\$650.00**



Bianchi **\$395.00**

Kojima Eagle **\$195.00**



Giant MTB **\$50.00**

Avanti Road Bike **\$395.00**

(Please send any news, information, items for sale etc to [nortondo@bigpond.net.au](mailto:nortondo@bigpond.net.au) if you would like it posted on this electronic mail forum)

## \*\*\*\*\*ON GOING POSTS\*\*\*\*\*

### THE NEW COMMITTEE

Present: Nick Phillips (re-elected)  
 V President: not filled  
 Secretary: Laura Stumpers  
 Treasurer: Sean Neary (re-elected)  
 Club Captain: Kim Vivian (re-elected)  
 TWA Delegate: Nimal Wickramasinghe  
 General Committee:  
 Andrew Skalski, John Cooke, Rob Parry, Mark Hoffman, Roberta Lori, Tom Houston.

### 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](http://www.rangeroutdoors.com.au))
- Book now at Sorrento Surf Club on 9448 1431 or email [info@sorrentoslsc.org.au](mailto:info@sorrentoslsc.org.au)

Full details of the event will be available at [www.sorrentochallenge.com.au](http://www.sorrentochallenge.com.au) by the middle of this week.

See you out there.

## 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	<a href="mailto:Manta-77@hotmail.Com">Manta-77@hotmail.Com</a>			0415 700 164
Wannabes	John	Cooke	3 Newell Way	Noranda	6062	<a href="mailto:jcooke@oztralia.com">jcooke@oztralia.com</a>	9275 3621		0423 977 081
Junior Racing	David	Norton	20 Wandoo Rd	Duncraig	6023	<a href="mailto:nortondo@bigpond.Net.Au">nortondo@bigpond.Net.Au</a>	9246 4886	9209 3550	0431 032 040
Plodders A	Sarah	Black	7 McInness Court	Greenwood	6024	<a href="mailto:Sarah5norm@hotmail.Com">Sarah5norm@hotmail.Com</a>	9203 9263		0433 154 176
Plodders B	Sandy	Tindale	107 Cooke Ave	Hillarys	6025	<a href="mailto:Instylecakes@iprimus.Com.Au">Instylecakes@iprimus.Com.Au</a>	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.cyclosportif.com.au](http://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](mailto: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
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](mailto: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>

## 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 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 5<sup>th</sup> – 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](mailto: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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