

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 36/2007**

### **NEW POSTS**

Don't Forget the Club's "Off Road" Duathlon - **all the info**  
North Coasters at the Worlds  
TWA Insurance – know the conditions  
Your help needed at the Sorrento Challenge  
Tour 'de Lancelin – **book you spot**  
TRYstars News  
Junior News  
What's Cooke..ing in John's www? - **Good luck in the "Spore HIM" John**  
Some Dates to Remember  
The Saturday Scenic "Cycle for Fun" ride – **now in recess until winter 2008**  
The **Trading Post**: \* For Sale – **Bikes..Bikes..Bikes**

### **ONGOING POSTS**

Run Training starts soon  
Season Yearbook (06/07) can now be read on the Club Website  
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\*\*\*\*\***

### **THE "OFF ROAD" IS HERE**



## **2007 off Road Duathlon**

**Date:** 16<sup>th</sup> September 2007

**Event:** Off road run, Mountain bike ride & Off road run.

**Venue:** Neerabup National Park, Joondalup. Opposite, Blue Mountain Drive, on Burns Beach road.

**Distances:** Long Course: 2.3km run, 10.2km ride, 4.6km run.  
Short course: 2km run, 6.8km ride, 2.3km run.

**Registration open:** 07:30am

**Short course start:** 08:00am

**Long course start:** 08:30am approx.

Members must be over 12yrs of age to compete in the long course. Juniors are restricted to the short course event.  
You must be a full competitive member of the club to compete; proof of membership may be required.  
All competitors must wear protective glasses on the bike sections  
Normal triathlon rules apply  
This a draft legal event

**Copy the registration and declaration forms below and bring them to the event already filled in / signed.**

There will be registration forms on the day but we would prefer if competitors filled out the entry and agreement forms before they come to speed up registration.

## NORTH COAST TRI CLUB

### OFFICIAL ENTRY FORM 2007 "MTB DUATHLON"

#### Incorporating "Secondary Club" membership for NCTC

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town/ suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Options (please tick): Full year Secondary Club Membership: \$25snr\_\_\_\_ \$15jnr\_\_\_\_ \$35Family\_\_\_\_

MTB Duathlon 07 SNR \$25\_\_\_\_\_ MTB Duathlon 07 JNR \$10\_\_\_\_\_

Fees paid: Secondary Club Membership: \$\_\_\_\_\_ Race: \$\_\_\_\_\_ Total: \_\_\_\_\_

#### Membership Details:

TWA Membership Number: \_\_\_\_\_

Primary Club: \_\_\_\_\_ Secondary Club: \_\_\_\_\_

Do you suffer from? (Please tick)

Asthma\_\_\_\_ Epilepsy\_\_\_\_ Diabetes\_\_\_\_ Heart/ lung complaint\_\_\_\_

Other (Please record below any medications currently being take, recent operation, injuries or illnesses.)

**RACE NUMBER**

# Participant's Agreement

## North Coast MTB Duathlon 2007

**Must be signed by all competitors (For competitors under 18, a parent or guardian must sign)**

### **WARNING: This is a legal document that affects your rights**

I agree to compete in this event on the following basis:

1. I acknowledge that competitive Duathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, and course or weather conditions to name a few.
2. I understand that I should not compete in this event unless I have trained appropriately and a medical practitioner has verified my physical condition.
3. By competing, I accept all risks necessarily flowing from my participation that could result in loss of life or permanent injury. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for all injury, loss or damage arising out of or connected with my participation in this event. For clarification, the people released include event organizers, promoters, sponsors, managers, Triathlon Australia Limited, its members state and territory triathlon associations and all of their respective directors, officers, employee's agents, contractors and volunteers including event medical and paramedical personnel. This release all indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving any medical treatment that event organizers think desirable during or after the event.
5. I consent to event organizers using my name, image and likeness, before during or after the event, for event promotional broadcasting or reporting purposes in any media.
6. I understand that compulsory insurance cover affected for participants in this event may not cover me for all injury, loss or damage sustained by me.
7. Safety precautions undertaken by organizers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety.
8. I am fully responsible for the security of my personal possessions at the event.
9. My registration is not transferable to other people. If I am unable to compete, or if the event is cancelled, my registration fee is non- refundable.
10. I have attached to my entry form details of any medical or physical conditions from which I suffer that might affect my performance or I certify that I am 18 years of age or older and I have read this document and fully understand it.
11. These details are relevant if medical treatment is needed.
12. I agree to abide by all race rule's and directions issued by the event organizer.

Signature..... Date.....

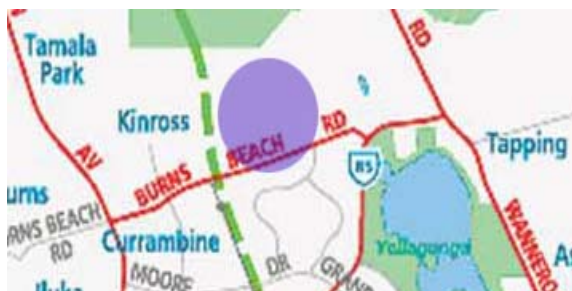
Declaration by Parent or Guardian

As parent or guardian of the competitor: I agree to the above for myself and on behalf of my child.

I indemnify and will keep indemnified all people associated with the conduct of the event on the terms referred to above.

Signature..... Date.....

I certify that I am the Parent/ Guardian of \_\_\_\_\_ and she/he has my consent to compete in the Duathlon race on the date/dates as nominated on this entry form. I understand the foregoing declaration of indemnification shall apply to her/him and join in such indemnification.



## THE WORLD'S

Two North Coasters competed at the recent OD world championships.

Robyn Scott; category 45-49 position 6<sup>th</sup> time 2:28:36  
Kim Vivian; category 40-44 position 49<sup>th</sup> 2:12:58 (130 competitors in the category)

## TWA INSURANCE:

Please be aware to claim on TWA insurance you need to keep a log of your training. Nothing too sophisticated, just a quick entry in a diary of when and where you trained and for how long.

## BE PART OF THE ACTION @ THE SORRENTO CHALLENGE

### TIME TO COME FORWARD

### Wanted Volunteers For the Sorrento Challenge On the 15<sup>th</sup> September

North Coast Triathlon Club needs volunteers before, during and after the event, in several areas, to help with this major fundraiser.

#### *Can you make soup?*

We need 2 or 3 people to make large tureens of yummy soup to warm up cold swimmers and paddlers after the event and maybe a volunteer or two!!

#### **We also need**

- A team to handle **REGISTRATION and the FINISH line** (6 people)
- A team of **Marshals for the RUN course** (8-10 people)
- Two teams to man the **WATER STATIONS** (6-8 people)
- A team to plan organise and run the **FOOD SALES** (4-6 people).

We also need help and assistance in the **SETTING UP** of the course and transition, and the **CLEARING DOWN** after the event.

Please contact Ann (0403114677) or Mike Blatchford (0421891430) by phone or email ([ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)) as soon as possible.

Get involved and help out with this exciting new opportunity for the Club and meet other members of the club at the same time.

## LANCELIN WEEKEND

Yes folks it's on again the North Coast Triathlon Club Lancelin 200.

This year it will be on the weekend of 13<sup>th</sup> & 14<sup>th</sup> October. As with other years we will leave from Meredith Douglas & John Hawkins house in Joondalup early Saturday morning. Ride or drive up and stay at the Lancelin Lodge Back packers then return Sunday morning back to Joondalup. The distance is around 108km each way for riders and we stop at the half way mark at Woodridge Park for about 10 minutes for a water bottle refill and pit stop. You can do the full 216 km, or just half way if you have transport to drop you there or pick you up. Or just come up and join us at Lancelin, it doesn't matter the main aim of the weekend is club participation. For riders we will have someone with a car to take refreshments to the half way point, mobile phones so if you break down we will organise to get you there. We can get your gear taken up for you by car. On Saturday we will leave in two or three groups with the more leisurely group leaving first at 6.30am sharp, Groups 2 around 6.45 and group 3 (the fastest group) at 7am.

Please note the full distance of 108km is not recommended for juniors. The course is hilly and the roads are slow so it is a fairly tough ride. If in doubt please ask those that have already done it before. Also once on the main road to Lancelin it is single file for safety reasons.

If you are interested contact Barry Silverlock on [silverlockb@intoreo.com](mailto:silverlockb@intoreo.com) or on 0419 512450. We will have to have numbers finalised by the 16<sup>th</sup> of September. The cost of accommodation is \$25.00 per person for dormitory style which includes GST (there are a very limited number of family rooms available at \$80 max 2 adults 3 kids or doubles at \$60)

Cutlery and linen is supplied. You just have to bring your towel, clothing and food. We will have a club dinner on Saturday night which for food only will be half BYO and half supplied by the club with details to be advised. Drinks are BYO.

Numbers will be taken from now and we must confirm by the 16<sup>th</sup> of September. Commitment means we ride rain, hail or shine and if we book for you we have to pay for that booking. With the family rooms we will be looking to give those to the families with younger ones and those families of 5 first. We can accommodate about 50-60 people, once we get past that you may have to find your own accommodation.

We will forward specific details to everyone going via email a couple of weeks prior.

See Barry or Dianne Silverlock for any further details or phone or email as above.

## TRYSTARS NEWS:

#### **CONGRATULATIONS:**

To all who took part in our **second Winter Duathlon** last Saturday. Thank you to Kurt who managed to race and give a commentary for the junior event and to all the parents who did their bit to make everything happen. It was great to see Julian and Luke back. I see you haven't lost your winning streak,

Julian!! It was also really good to have secondary members Jaz and Kira Hedgeland back competing again. Hopefully we will persuade some of our North Coasters to come to some of the Freo TRYstar events in return.

To all our members past and present who took part in the **City to Surf**:

4k walk/run: Thomas Astone: 19.29, Thomas Medland: 19.52, Kurt Wesley: 20.17, Jack Medland: 21.30, Bailey Kelly: 21.47, James Truscott: 22.32, Mark Lori: 23.18, Ann Blatchford: 23.33, Rachel Truscott: 27.09, Kate and Declan Kelly: 31.44.

12k walk/run: Adam Morris: 1.08.53, Katherine Humphreys: 1.18.46.

Well done, great effort!! If I have left you out email me and I will add you in next week.

#### COMING UP:

- 🚴 Sorrento Challenge on Saturday 15 September morning. This is a joint fundraiser between North Coast and Sorrento Surf Club. Helpers needed. Contact: Ann if you are available.
- 🚴 North Coast off road duathlon on Sunday 16 September. Open to 12+ TRYstars. Details in this bulletin.
- 🚴 For 12+ TRYstars - Duathlon on Sunday 23 September at East Fremantle. See TWA website, [www.triwa.org.au](http://www.triwa.org.au) for more details.
- 🚴 North Coast **TRYstars Registration Day** on Friday 12 October at Sorrento Surf Club, West Coast Drive, Sorrento. Bring bike and helmet for checking. New 7 & 8 year olds bring Birth Certificates. There will be a transition skills activity session from 5.30 – 6.30pm so come in running shoes. Followed by Sausage Sizzle and spot prize draws. Bike and run skills training at Sorrento on Friday 3 November at 5pm followed by a spot prize draw and sausage sizzle at the surf club. Join up on line before you attend. See below.

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

To participate in TRYstars activities in the coming year you must be a member of TRYstars. **Join up as TRYstars, unless you are 12 -15 this season.** If you are 12 - 15 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!!

#### PRIMARY SCHOOLS TEAMS TRIATHLON

Wednesday 7 November at the Esplanade, Nedlands. This event is for Yr 6 & 7s. It is a teams triathlon where one member swims, one cycles and the third runs. Lots of fun. Get your school involved. If you are in your final years at Primary School this event is not to be missed, make up a team **NOW**. Contact Ann for details.

#### THINGS NEW WITH NORTH COAST TRYSTARS:

- 🚴 **Mini Duathlons** at Sorrento as well as Kinross on Friday nights!!
- 🚴 **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.
- 🚴 **North Coast 12+ TRYstar group** to go to a few competitive races together this season to assist them in making the transition from TRYstar to TRIATHLETE!! If you are interested in this, dates to put in your diary are:
  - Sunday 23 September – Duathlon – East Fremantle. See TWA website for details.
  - Sunday 28 October – Duathlon – Point Walter. See TWA website for details.
  - Friday 2 November – Secondary Schools Triathlon – Rossmoyne. School Sport State Team Selection Race. All TRYstars of 12+ should be having a go at this. **THOSE IN YEAR 7 CAN ENTER THE JUNIOR RACE TO BE SELECTED IN THE TEAM FOR NEXT YEAR.** Contact Ann for details.

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

## JUNIOR NEWS:

This section is specifically for members of North Coast, either Junior or TRYstars members who are 12 or over and their parents.

#### COMING UP:

- 🚴 Sorrento Challenge on Saturday 15 September morning. Helpers needed if you are not competing. Contact Ann if you can assist.
- 🚴 North Coast off road duathlon on Sunday 16 September. Details in this bulletin.
- 🚴 Duathlon on Sunday 23 September at East Fremantle. See TWA website, [www.triwa.org.au](http://www.triwa.org.au) for more details.

#### TWA JUNIOR DEVELOPMENT PROJECT:

This was an excellent session explaining TWA's plans and policies for junior development for the next few years. Watch the TWA website, junior section for further details over the next few weeks. You should also be receiving a letter inviting you to the TWA time trials. If you are serious about triathlon you should be attending these trials. Congratulations to Kim Tyler Lees on being elected onto the junior development Pathways Committee as the club representative – that is not just our club, but all clubs. Well Done, Kim.

#### NORTH COAST JUNIOR COMMITTEE

Anyone interested in being involved in Junior Development at North Coast please get in touch. From the TRYstars program we are trying to build a Junior Pathway and wish to hear from any parents or juniors who are interested in being involved in this. Contact: Ann Blatchford 0403 114 677 or [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)

#### SECONDARY SCHOOLS TRIATHLON:

Friday 2 November, 2007 is the date for this event. It will be held at Shelley Beach, Rossmoyne. Go to the School Sport website: <http://www.schoolsportwa.com.au/Sports/Triathlon/Triathlon%20CS%20Info.htm> for more information. This triathlon is the first and most important selection race

for the 2008 School Sport State Triathlon Team. There is also a teams triathlon and a novice triathlon so get your school involved. **THOSE IN YEAR 7 CAN ENTER THE JUNIOR RACE TO BE SELECTED IN THE TEAM FOR NEXT YEAR.**

## WHAT'S COOKING IN JOHN'S WWW?

[This week's links :](#)

**10 Things to Make Training More Effective**

<http://www.triathlonweek.com/vbarticles.php?do=article&articleid=4>

**Top Ten Tips for a Fast Transition**

<http://www.triathlonweek.com/vbarticles.php?do=article&articleid=9>

**How to Qualify for Kona: The Road to the Ironman Triathlon World Championship By Raymond Britt**

<http://runtri.blogspot.com/2007/05/how-to-qualify-for-kona-road-to-ironman.html>

**2007 USA Triathlon Promo**

<http://uk.youtube.com/watch?v=6BJDnoqFTUU>

**The Shame of Being a ROADIE presented by Speedo**

[http://www.triathletemag.com//Assets/Podcasts/TriathletePodcast\\_May152007.mp3](http://www.triathletemag.com//Assets/Podcasts/TriathletePodcast_May152007.mp3)

**Ironman Canada 26 August 2007**

<http://www.ironman.ca/>

**Ironman Korea 26 August 2007**

<http://www.ironmankorea.net/eng/index.jsp>

**Alaska Triathlon Club**

<http://www.alaskatriathlon.org/>

## DATES FOR YOUR DIARY

**TRYstar Duathlon**

Wild West Bike Tour

Sorrento Challenge

North Coast off Road Duathlon

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

Tour de Lancelin

Collie River Marathon

**Cyclo Sportif** - Pedali a Pickering

Blackwood River Relay

Tour 'de Lancelin

Anaconda Adventure Race

Donnybrook Marathon Relay

**Cyclo Sportif** - Great Perth Bike Ride

Ironman WA

**September 1<sup>st</sup>**

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

September 15<sup>th</sup>

September 16<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>

TBA

November 4<sup>th</sup> Dunsborough

November 17<sup>th</sup>

November 25<sup>th</sup> (Around the River)

December 2<sup>nd</sup> Busselton

**Craigie Leisure Centre, Rego: 2pm Start: 2.30pm.**

**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.

- 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**

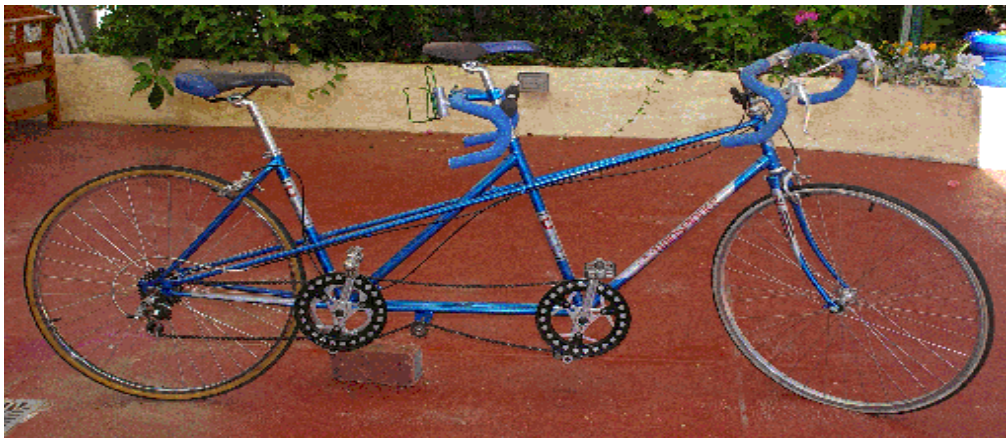
## THE 7.00AM RIDE IS NOW IN RECESS UNTIL NEXT WINTER

## NOTICE BOARD

**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**
- **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**



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\*\*\*\*\*

### **RUN TRAINING COMMENCES OCTOBER 4<sup>TH</sup>**

For all those desperate to start run training again with Captain Kim (Vivian), then he will recommence on October 4<sup>th</sup>. Time and venue to be announced, but it's likely to be the same as last season.

These sessions are excellent and recommended to all ability levels, and the atmosphere of group training is sure to bring out your best.

See you there.

### **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 pre-stamped 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”.

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



Full details of the event available at [www.sorrentochallenge.com.au](http://www.sorrentochallenge.com.au)

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

## CLUB EVENTS CALENDAR UP DATED - 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.

**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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