

# **NORTH COAST TRI CLUB**

## **'WHAT'S HAPPENING' BULLETIN, WEEK 38/2007**

### **NEW POSTS**

More Exciting Speed dome riding – have a go  
North Coast off road Duathlon – **Where were you?**  
Who survived the Challenge?  
Tour 'de Lancelin – **Final call**  
TRYstars News  
Junior News  
What's Cooke..ing in John's www?  
Some Dates to Remember  
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  
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\*\*\*\*\***

### **TRACK CYCLING @ MIDLAND SPEED DOME**

**Where:** Midland Speed Dome Eddie Barron Drive Midvale.  
**When:** Friday night 5 October 2007.  
**Time:** 6.30pm to 8.30 pm.  
**Price:** \$ 20.00 (this includes bike hire and 2 coaches).  
**What to bring:** Your pedals and bike shoes + snacks & drink.

RSVP. **This is limited to 20 people only to book your spot at this event give me a call on 9300 4946 or 0419 025 881 or email [kim@robleesdesign.com.au](mailto:kim@robleesdesign.com.au)**

Regards **Kim Tyler-Lees**

### **NORTH COAST OFF ROAD DUATHLON**

**"So much effort for so little response"** Poor Frankie Stevens must be wondering why he went to so much trouble to put the event together – months of planning and numerous meetings with Shire officials all for 7 competitors (of which 4 - Joe, Dave, Mark & Rob backed up from the Sorrento Challenge held the day before). It would appear that as a result of this poor response, the Club will not attempt another winter event.

There were more volunteers than entrants, so let's take the opportunity to recognise the members that gave up their "Sunday Sleep in" for the cause of the Club: Frank Stevens, Nimal Wickramasinghe, Eddy Girvan, Kim Tyler-Lees, Laura Stumpers, Rob Parry, Sue Fearnley, Peter & Lindsay Richards, Martin Lowell, Chris Balde, Fiona Wood & Sam Hoffman.

#### Long Course

Place:	Participant:	Race No:
1st	Joe Kierath	1
2nd	Paul Conch	6
3rd	John Domican	3
4th	Mark Hoffman	4
5th	Rob Lees	2
DNQ	Dave Norton	had bike problems but did complete both run legs.

#### Short Course

Jade Domican ran a solo race.



Competitors “jockey” for starting positions at the “Off Road”

## THE SORRENTO TSUNAMI

### REPORT ON THE SORRENTO CHALLENGE:

Well done to everyone involved in the Sorrento Challenge on Saturday. With trying weather conditions the course was adapted to give everyone a go but keep them safe. We hope everyone enjoyed their race and met THE CHALLENGE in their own way.

Set up was made interesting after the huge swim and paddle buoys provided by Ranger Outdoors landed in unexpected places – like the Surf Club roof and the other side of West Coast Drive! Thank you to everyone who arrived and helped to deflate them before they caused any more mayhem!! Both the swim and paddle were changed to 2 lap courses which included an extra beach run for the swimmers. The two lap course in the paddle allowed paddlers to assess the conditions as they went and decide if they had it in them to complete a second lap. If they chose to shorten their race, they still went on to complete the run, were given times but were treated as a Did Not Complete (DNC). This gave the finish and timing crew their own challenge!! Final results and times will be available on Wednesday. From a spectators point of view there was much to watch as people battled the tough conditions with even the elite competitors finding it didn't always go their way. In the end Brendon Sarson showed everyone how to do it by finishing in a spectacular time of 1:25:07, followed by Andrew Mosel in 1:28:46 and coming in third, Ben Hewitt in 1:31:46. In the Women, Alicia Marriot showed us how to do it by coming in 1<sup>st</sup> and 10<sup>th</sup> overall in a time of 1:41:44, followed by Ruth Highman in 1:49:24 and Jen Mickle in 2:05:28.

Our thanks go to Ranger Outdoors, Finn Kyacks and 2XU, our major sponsors for their amazing array of prizes for both category winners and spot prize winners. If you competed and missed the presentations – what a shame!

We must also thank all other sponsors who have made this event possible. They are:

- Healthways, - remember that SunSmart message
- Sports Fever for providing the T-shirts for the volunteers.
- TMM - The Marketing Mix who organised our website, online entry system, advertising, and many other vital services. We could not have done it without you Wade!
- Crown Roofing and Fence Hire WA who both helped make it happen financially and with time. Thanks Tom and Damien. It was a great idea, Damien!!
- Plus Carbo Shotz, UBD, Rottnest Ferries, Sorrento Beach Resort, AQWA, Quay Café, JP Surf and TriEvents for other spot prizes.

And finally, a huge thank you to all our volunteers from both Sorrento SLSC and North Coast Tri Club. We made a good team.

We had some issues with race timing systems so the official results are still being compiled. In the meantime, I have attached unofficial results which contain a number of errors and omissions. We expect official results to be available later in the week.

For those looking for a laugh please read John Toomey's account of his race <http://www.triwa.org.au/bb/viewtopic.php?t=1311>

For full event photography please visit the website at [www.sorrentochallenge.com.au](http://www.sorrentochallenge.com.au)

North Coasters who had a go:

**Ranger  
Outdoors  
Sorrento  
Challenge**

Final Results - 1.2km Swim/7km Paddle/5km Run: **Overall  
Position**

**Sorrento Beach,**



## Perth

Pos	Finish Time	First name	Last name	Gender	Race No	Cat	Cat Pos	Gen Pos	Swim	Pos	Paddle	Pos	Run	Pos
18	1:53:26	Wade	Kelly	Male	49	Open	13	15	0:20:48	25	0:53:22	21	0:39:14	15
21	1:59:19	Scotty	Currie	Male	22	Open	15	18	0:21:37	29	0:52:43	19	0:44:57	28
23	2:02:43	CaS	Whiting	Female	103	40-49	1	4	0:19:33	16	0:54:21	24	0:48:47	38
24	2:02:56	Rhys	Watters	Male	100	Open	16	20	0:20:05	20	1:04:39	34	0:38:10	11
32	2:11:53	Mark	Colthart	Male	19	Open	19	25	0:22:17	35	1:11:28	35	0:38:06	10
43	2:35:51	Jason	Woodbridge	Male	110	Open	22	34	0:22:42	37	1:28:52	42	0:44:15	25
	DNS	Ken	Little	Male	55	Open			0:00:00		0:00:00		0:00:00	
	DNS	Malcolm	Sligo	Male	86	40-49			0:00:00		0:00:00		0:00:00	
	DNC	Mark	Hoffmann	Male	44	40-49			0:33:01		0:31:42		0:43:50	
	DNC	Sandra	Herbert	Female	41	40-49			0:29:59		0:00:00		0:00:00	
	DNC	Jonathon	Franklin	Male	37	U19			0:18:37		0:52:22		0:40:07	
	DNC	Erle	Franklin	Male	36	50+			0:26:47		1:14:00		0:16:46	
	DNC	Leigh	Willison	Male	108	Open			0:18:54		1:05:59		0:38:02	
	DNC	David	Norton	Male	69	50+			0:24:39		0:58:23		0:47:21	
	DNC	Robert	Lees	Male	50	40-49			0:27:40		1:00:33		0:44:33	

## Teams

No results yet.

## LANCELIN WEEKEND

### LANCELIN RIDE:

- Numbers have now been confirmed with Lancelin Lodge. There is only a small group going this year and if anyone wants to join us they can but will have to arrange their accommodation with Lancelin Lodge on 96552020 if it is still available. Also let me know for ride and dinner information.
- CHANGE OF LEAVING VENUE: The ride will now leave from my house at 3 Coronado Ridge in Iluka going via Marmion Ave, The new Connolly drive which has a riding lane, Hester Ave and onto Wanneroo Road.
- I will email all participants full details of the weekend 2 weeks prior to the weekend.

### Barry Silverlock

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 my house at 3 Coronado Ridge in Iluka 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:

### COMING UP:

- 🚲 For 12+ TRYSTARS - Duathlon on Sunday 28 September at Point Walter. 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

#### MISTAKE IN LAST TRYSTARS NEWS:

I mentioned something happening on Friday 3<sup>rd</sup> November in the last two TRYstars News. Please ignore. The problems when you cut and paste late at night!!

#### 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.

**YEAR 7s: Also see note below about Secondary Schools Triathlon**

#### NORTH COAST SCHOOL NEWSLETTER PROMOTION:

50 schools have been contacted to put something in their newsletter. If you see this in your school newsletter, please talk about it to other parents to draw their attention to it. Now is the time to see if your child's friends are interested in joining. If you like what we are doing then help us by telling more people!!

#### 12+ TRYSTARS – WHICH MEMBERSHIP?

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 in the TRYstars section of this website. 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!!

#### 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:

- 🚴 State Duathlon Championships on Sunday 28 September at Point Walter. See TWA website, [www.triwa.org.au](http://www.triwa.org.au) for more details.

#### NORTH COAST JUNIOR COMMITTEE

**Please read this and consider being involved. We need parents who want to improve what North Coast provides for your youngsters. We have had a disappointing response so far!** 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 team's 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?

- **USAT Reaches Membership of 100,000**

From Jason Mucher of USA Triathlon on September 7, 2007: <http://www.duathlon.com/articles/4264>

- **10 Steps to Improving Your Triathlon Swim**

- **Challenged Athletes Foundation**

It is the mission of the Challenged Athletes Foundation to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life: <http://www.challengedathletes.org/>

- **"Long rides. man"**

By: Brad Kearns Coach / Athlete Brad Ventures: [http://www.socaltriathlete.com/article\\_8025.html](http://www.socaltriathlete.com/article_8025.html)

Fernandes dominates again, Bennett headed to Olympics

- **Beijing World Cup Women's Recap**

[http://www.triathletemag.com/Departments/Race\\_Coverage/2007/Fernandes\\_dominates\\_again\\_Bennett\\_headed\\_to\\_Olympics.htm](http://www.triathletemag.com/Departments/Race_Coverage/2007/Fernandes_dominates_again_Bennett_headed_to_Olympics.htm)

- **Bike: Conquer Climbs**

<http://www.220magazine.com/?page=features&id=33446>

- **New York City Triathlon Helps Athlete's to "Psych" Up**

Written by Juliet Macur: <http://www.tdotriathlon.com/articles/new-york-city-triathlon-helps-athletes-to-psych-up-2.html>

- **Triathlon Wisdom From Ironman Champion Dave Scott**

[http://www.active.com/triathlon/Articles/Triathlon\\_Wisdom\\_From\\_Ironman\\_Champion\\_Dave\\_Scott.htm](http://www.active.com/triathlon/Articles/Triathlon_Wisdom_From_Ironman_Champion_Dave_Scott.htm)

## **DATES FOR YOUR DIARY**

<b>Cyclo Sportif</b> - Sur le Rivet a York	September 23 <sup>rd</sup>	(York)
Tour de Lancelin	October 13 <sup>th</sup> /14 <sup>th</sup>	
Collie River Marathon	October 13 <sup>th</sup>	
<b>Cyclo Sportif</b> - Pedali a Pickering	October 21 <sup>st</sup>	(Pickering Brook)
Blackwood River Relay	October 27 <sup>th</sup>	
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)
Ironman WA	December 2 <sup>nd</sup>	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.

- 23/09/07 Fremantle Fun Run 10km/5km

Thanks

**Kim Vivian**

## **NOTICE BOARD**

This Female Orca Elite Tri suit is brand new size 14. Still in pkt and has tag on \$ 219 selling for \$160 ono. Is graphite/red/white. Size 14 = 94-99cm chest, 76-80 cm waist, 102-106 cm hip. See attached photo (front and back view) or [www.orca.com](http://www.orca.com) for picture and details. Selling for a friend who won it at lucky draw. Sue Scott (9300 1513)



- 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@primus.Com.Au">Instylecakes@primus.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 - 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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