

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 44/2007**

### **NEW POSTS**

Bradley Hosking's Kona report  
North Coaster's 4 new State Champions  
Aquathlon 2 results (and spot prize winners)  
And Anaconda is this weekend  
North Coasters doing Ironman  
And there was also Moore River  
TRYstars News  
Junior News  
What's Cooke..ing in John's www?  
Some Dates to Remember  
Notice Board - Stuff for Sale

### **ONGOING POSTS**

Al's Cycle Surgery - **SPECIALS**  
New Saturday Rides  
Run Training – **every THURSDAY**  
New Club Sponsor  
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\*\*\*\*\***

### **BRADLEY'S DAY IN KONA**

Another fantastic and inspirational report from Hawaii - this one by –[Brad Hosking](#)  
(click on Brad Hosking for the link to the article)

### **NORTH COASTERS @ STATE DUATHLON CHAMPIONSHIPS**

North Coast produces 4 State Champions

State Duathlon Long Course Championships (2k/30k/6k)

pos	time	name	age group	pos
4	1.25.25	<b>Alan Nicholls</b>		<b>1</b>
5	1.26.33	<b>Leigh Willison</b>		<b>1</b>
10	1.35.00	<b>Loretta Wesley</b>		<b>1</b>
12	1.37.15	Steve Gleeson		3
16	1.39.14	Brett Nener		2
21	1.45.42	<b>Dave Norton</b>		<b>1</b>

Junior Short Course

pos	time	name	age group	pos
1	40.43	<b>Kenji Nener</b>		<b>1</b>
7	49.03	<b>Adele Richards</b>		<b>1</b>

## RESULTS AQUATHLON 2

Almost gale force winds greeted the hardy souls that showed up for Aqua 2, so sanity prevailed and the troops were sent off on a 4k foot race. No one was actually blown over, but huge quantities of sand were consumed.

Competitor	Race time
Gleeson Steve	19.14
Nicholls Alan	19.24
Brown Brad	20.19
Silverlock Barry	20.25
Franklin Jonathon	20.52
Scott Craig	20.53
Joyce Graham	21.05

Heyes Paul	22.18
Griffiths Darrin	22.47
Neary Jack	22.49
Power Luke	22.53
Richards Adele	23.24
Hoffman Mark	23.41
Lees Rob	23.50
Dunlop Dallas	24.14

Team Sam/David	25.02
McClelland Graham	25.06
Franklin Earle	25.52
Cole Gavin	27.04
James Kaine	27.04
Mcintosh Greg	27.36
Neary Sean	29.30
Domican Jade	32.49



The Aquathlon spot prize winners below may pick up their prizes from Al's Cycle Surgery

draw	prize	value	winner race 1 12th Oct	winner race 2 26th Oct
1	\$90 towards a helmet	\$90	Jade Domican	Graham McClelland
2	2XU Running top	\$69	Jason Woodbridge	Mark Hoffman
3	Arm warmers	\$50	Jason Bresanelle	Adele Richards
4	Sun Glasses	\$45	Barry Silverlock	Earle Franklin
5	Gas Canister + swim hat	\$32	Craig Robertson	Kaine James
6	Swim Goggles	\$25	David Norton	Graham Joyce
7	2XU Hat	\$20	Arthur Vernon	Jade Domican

## ANACONDA IS HERE

This Sunday is Anaconda Race Day - good luck to all North Coasters that are competing. Below are some of the confirmed entrants from the Club. If your name is missing PLEASE LET US KNOW by contacting the newsletter editor at [nortondo@bigpond.com](mailto:nortondo@bigpond.com)

Nicole Burton	Joe Kierath
Tanya Carter	Sarah Rafty
Roger Hales	Adele Richards
Brad Hosking	Mark Sedgwick
Wade Kelly	Barry Turner
Rob Lees	Leigh Willison
Mike Lori	Jason Woodbridge
Hayley Norton	Jason Wright
Dave Norton	Bill Whalley

## LOOK WHO'S DOING IRONMAN

BALDE CHRIS	GIRVAN EDDY	SEDGWICK MARK
BLADE CATHRINE	HAWKINS JOHN	SILVERLOCK BARRY
BEDFORD PAUL	HOSKING BRAD	SLIGO MALCOLM
BLACK PAUL	LIM CHRIS	SMITH KERRIE
BOWLEY KEITH	MARTON ROD	STEINKRUG ROGER
COLTHART MARK	NORTON DAVE	UYEN WARREN
COOKE JOHN	PARROTTE MICHAEL	WREN MIKE
DOMICAN JOHN	PARRY ROBERT	YOUNG CARL

## THE MOORE RIVER REPORT

Old Enough 2 Know Betta By Mark Hoffman

An invitation to join Rob Lees in a team for the dry legs of the Moore River Adventure Race sounded attractive considering that I am in the last 10% out of the water in a race and was unsuccessful at the paddle at the Sorrento Challenge (I wasn't alone there though). The Moore River mouth area has previously struck me as being a good location for an event, although I never really thought through the format for a race, and within an hour of the northern suburbs.

During the week before the event, briefing notes came out advising that the run included a climb up the face of a sand dune that was rope assisted due to the difficulty and a 50m wide swim crossing of the river. This really was an adventure race. Similarly the swim and the paddle would involve both the river and the ocean with the spit of sand separating having to be traversed.

With blustery wind conditions on the day the ocean component of the swim and the paddle were transferred to the river, making the swim and paddle looked more attractive. The race got underway with 46 Adventure racers of which about ½ were individual entrants, followed by 15 Off Road Triathletes. As expected, the river swim was uneventful and this contrasted with the mountain bike leg which was dominated by soft sand, flies, and flat tyres. I passed 6 flat tyres including Cas who was contemplating whether she would fix the flat or just ride it flat when we eventually got out of the soft sand! Close to ½ of the ride distance the sand was so soft that it required pushing the bike through gutless sand and it didn't take long for the novelty to wear off for all participants.

The paddle leg seemed to go well with the river the plastic was noticeable slower than the fibreglass and the biggest issue seemed to be directing the paddlers into the correct transition location (as they changed during the race) especially as the paddlers were fatigued by this stage and then had to negotiate steps as soon as they stood! The run with its variation including board walk and beach running made the variety in this run unprecedented to my knowledge. The race certainly fits the adventure category well done to the North Coaster's especially those competing as an individual - a huge effort, (not sure what teams Lisa and Nicole were in for the results).

Good luck to those taking it to the next level this week in the Anaconda race.

Hoffy

#### Moore River Adventure Race 1800m Swim/20km MB/12km Paddle/10km Run

Participant	Overall Position	Time
Wade Kelly	10	4:12:31
Leigh Willison	12	4:16:15
Old Enough 2 Know Betta	27	4:42:20
Cas Whiting	38	5:00:19

#### Moore River Off Road Triathlon 1200m Swim/20km MB/10km Run

Participant	Overall Position	Time
Alan Nicholls	5	2:47:17
Dallas Dunlop	6	2:50:34

## TRYSTARS NEWS:

### KEEN TRYSTARS BRAVING THE WEATHER:

Welcome to new TRYstars: Corey Fishburn and Jamie Reed. To the rest of you who turned up and braved the weather on Friday, well done to Bailey Kelly, Mark Lori, James Giovinazzo, Alex Black, Jaziah Knierum, Danjal Pritchard, Tegan and Carly Scott, India Joyce, Brooke Quick, Isabella Clarke, Matt Stephenson, Rebecca Last and John Paolo. Hope you had fun despite the weather. Unfortunately it meant we had to cancel the bike ride for the older TRYstars due to the ferocity of the wind. Not a safe day to start!! Better luck next time on Friday 9 November. There will be a Junior ride going out at 6.30am this coming Saturday 3 November, so hopefully some of you will make it. Ring Ann 9448 4265 if you want to join it. Must be 12 or older by the end of December.

### COMING UP:

- 🚴 Friday 2 November at Shelley Beach, Rossmoyne - **Secondary Schools Triathlon**. Good luck to Rachel and James Truscott, Jaz Hedgeland, Stephanie McCoach, Thomas Medland, Garry and Craig Scott who are taking part.
- 🚴 Friday 2 November at 5pm - Bike and run skills training at **Kinross** followed by spot prizes and a mini duathlon.
- 🚴 Saturday 3 November at 6.30am - Bike ride for 12+ TRYstars from Hillarys Marina. Ring Ann on 9448 4265 if wish to be part of it.
- 🚴 Wednesday 7 November at The Esplanade, Nedlands - **Primary Schools Teams Triathlon**. Good luck to those who are taking part.
- 🚴 Friday 9 November at 5pm - Bike ride for 12+ TRYstars at **Sorrento Surf Club** and run and bike skills training for Under 12 TRYstars at **Sacred Heart School**. At 6pm: Mini Duathlon at **Sacred Heart** for all ages finishing at 6.30pm. Followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club.
- 🚴 Sunday 11 November – **Power Station Triathlon**, Robb Rd & McTaggart Cv, Point Catherine, HAMILTON HILL. This is an excellent starter triathlon for our older TRYstars (12+) and Fremantle TRYstars are running a **TRYstarsTriathlon** alongside the event. So something for all the family. See details below.
- 🚴 **North Coast TRYstars 2<sup>nd</sup> Have-a-Go Triathlon at Craigie Leisure Centre on Sunday 18 November at 7.30am for rego and 8am start.**

### THANK YOU:

- ❖ Linda Scott for handling registrations etc at Sorrento last Friday.
- ❖ Coaches Kate Kelly, Jodie Knierum, Jon Houlahan, Roberta Lori and Maria MacNeil for turning up on Friday to look after the TRYstars despite the weather at Sorrento

### OPPORTUNITY FOR ALL TRYSTARS:

Sunday 11 November – **Power Station Triathlon**, Robb Rd & McTaggart Cv, Point Catherine, HAMILTON HILL. This is an excellent starter triathlon for our older TRYstars (12+) For more information go to: [www.allbarnone.com](http://www.allbarnone.com) Need to enter by Saturday 3 November not to incur a late entry fee. Registration: 6am. Briefing: 6.30am. Race Start: 6.45am. For younger TRYstars – Fremantle Triathlon Club are holding a TRYstars triathlon which will be free for North Coast TRYstars – just fill in a form when you get there to join Fremantle as a Secondary member. This event is being held alongside the big triathlon!! So something for all the family. Let's see lots of you there with your North Coast TRYstar T-shirts on!!

### PARENT HELP NEEDED:

We need parents to cycle with the 12+ TRYstars on Friday 9 November from Sorrento at 5pm. If you can help please send Ann Blatchford, an email on: [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk) so she knows we have enough adults to assist. Don't forget you will need to wear a helmet! If you would prefer not to cycle but can help by driving a car with a bike rack to the turnaround point or half way in case anyone has a stack or a puncture, again let Ann know.

### THINGS TO EXTEND OUR OLDER TRYSTARS (12+) AND HELP TURN THEM INTO TRIATHLETES!!

- 🚲 Saturday morning Junior Ride from Hillary's Marina at 6.30am. This is when it is safe to ride on the roads, hence the early start. It also means you will have time to get back for your other sporting commitments. We encourage parents to join us on this ride so you can improve with your youngsters, but we do understand this is not for everyone. Your children are still welcome without you!! The ride will be for around an hour, so expect we will be back by 7.45am. Please seriously think about this it will be the best way to improve your cycling skills. If you are interested contact Ann to get more information. We hope to start on Saturday 3 November.
- 🚲 Junior race Series: North Coast has chosen 5 races to target for our Older TRYstars/Juniors. A support crew will be at these races to provide encouragement and help with last minute queries or problems. These races have been chosen for their suitability for first timers, so if you are keen to make your move from TRYstar to TRIATHLETE then put them in your diary NOW!! If we get a reasonable number going down then we can do some car pooling to assist with petrol costs etc and clashes with other family commitments. See race dates below. Contact: The latter 4 are with TriEvents: website – [www.trievents.com.au](http://www.trievents.com.au) Get in touch with Ann if you are interested.

#### JUNIOR RACE SERIES DATES FOR OLDER TRYSTARS (12+):

- 🚲 Sunday 11 November, Power Station Triathlon, Hamilton Hill. Distance: 200m swim/10k cycle/2k run.
- 🚲 Sunday 16 December, Rockingham Triathlon, Rockingham. Distance: 250/7/2
- 🚲 Sunday 13 January, Waikiki Triathlon, Waikiki, Rockingham. Distance: 250/7/2
- 🚲 Saturday 23 February, Meelup Classic, Meelup. Distance: 250/7/2
- 🚲 Sunday 30 March, Hillarys Triathlon, Hillarys. Distance: 250/7/2

#### THINGS TO DO BEFORE YOUR FIRST TRYSTAR SESSION:

- 🚲 Please try and join on-line before you come to a session – See below how to do this.
- 🚲 Parents, please do your own bike check on your children's bikes. 1. Are the brakes working? 2. Is the height of the seat correct? 3. If they have them, are the gears working? 4. Are the handlebars straight, tight and have plugs in the end? 5. What is the condition of the tyres and are they inflated? Any bike shop will help with any of these especially Al's Cycle Surgery.

#### SPECIAL INFORMATION ON MEMBERSHIP FOR 12 – 15 YEAR OLDS:

When signing up for TRIATHLON you have TWO OPTIONS:

- 🚲 You can choose to sign up as TRYstars members for \$70. This entitles you to our entire TRYstars program and also allows you to **PARTICIPATE** in TWA races for the juniors (12 – 15), but because TRYstars is all about being a participation program, it does not allow you to receive points or Trophies in the TWA series either for yourself or for the club. This membership is joined by following TRYstar registration details above.
- 🚲 You can choose to sign up as Junior Competitive members. This will cost \$93.00. This entitles you to our entire TRYstars program and also allows you to **RACE** in TWA races for the juniors (12-15), and allows you and the Club to receive points or Trophies in the TWA series. This membership is joined by going on line at: [www.triwa.org.au](http://www.triwa.org.au) and following the prompts for membership. **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/membership.htm> ,

then click on **"join TWA online"**,

then click **'here' in the blue 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.)
- 🚲 **For New Membership:** Click on **New member registration** and 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!!

#### NORTH COAST TRYSTAR WEBSITE UPDATED

Go to [www.northcoastriclub.org.au](http://www.northcoastriclub.org.au) and click on TRYstars to see the new information for the coming season.

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:

- 🚲 Friday 2 November. Secondary Schools Triathlon at Shelley Beach, Rossmoyne. See details below.
- 🚲 Saturday 3 November. First Junior Training Ride 6.30am from Hillarys Marina. See details below.
- 🚲 Sunday 4 November. Bunberri Classic, Bunbury. Sprint distance 750/20/5 triathlon as well as the Olympic distance. Go to <http://www.bunburytriclub.asn.au/classic.htm> for further details.
- 🚲 Friday 9 November. North Coast 3<sup>rd</sup> Aquathlon at Sorrento Surf Club, West Coast Drive, Sorrento. Rego: 6pm. Start: 6.30pm. Must be a member to race. See below how to join.
- 🚲 Sunday 11 November. Power Station Triathlon, Hamilton Hill. Selection race for School Sport Team for Juniors and Intermediate. Go to [www.allbarmone.com](http://www.allbarmone.com) for further details. This is a good starter race and will have a North Coast support crew for new Juniors feeling nervous.

#### WELL DONE AT JUNIOR DUATHLON

Congratulations to Kenji Nener, Adele Richards and Steve Gleeson in their races on Sunday. Kenji came 1<sup>st</sup> in the Junior event in 40:43 and Adele came 1<sup>st</sup> in her age group in the Junior Event in 49:03. Steve came 3<sup>rd</sup> in his age group in the State Champs Event in 1:37:15. Hope it felt good to be out their racing again.

#### 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. Good luck to Eva Kierath, Stephanie McCoach, Thomas Medland, Garry Scott, James Truscott, Melissa Brown, Kenji Nener, Jack Kierath, Jack Neary, Bradley Brown, David Lazarus, Jonathan Franklin, Ryan Steenkamp, Craig Scott, Adele Richards, Ashley Fearnley, Kate Vernon, Joseph Kierath, Mike Lori, Matt Calver and Christian Dix in the selection races. Remember to get your gears

locked off correctly and no tri bars for Juniors. Also good luck to Andrew Guthrie, Sarah Rafty, Ellen Waterman, Anna Laycock, Jade Turner and Rachel Truscott who are racing in one of the other events.

#### **FIRST JUNIOR TRAINING RIDE FOR NEW SEASON:**

Saturday 3 November from Hillary's Marina at 6.30am. This ride is particularly aimed at North Coast Juniors just starting with their cycling who may not have done much road riding. Parents are encouraged to ride with them and develop their skills with their children. The aim of the ride is to develop riding skills including riding with a group and bike handling, not a fitness training ride as its primary goal. No rider is too slow for this ride, and they need not worry about being able to keep up. The ride is supervised and juniors will be looked after to ensure they arrive back safely. **Please let Ann know if you intend to join this ride.** The ride meets at 6.25am ready to leave at 6.30am. The ride will be out for about an hour. **Juniors riding on this ride must be North Coast members and no younger than 12 by the end of 2007.** Please ensure you have a spare tube in case of a puncture, plenty of water and your parent's mobile phone number. Ann's number is: 9448 4265

#### **HOW MUCH DOES IT COST TO JOIN NORTH COAST AS A JUNIOR?**

It costs \$93 to become a competitive junior member. If you are between 12 and 15 years old, see TRYstars section to decide which type of membership you need.

#### **REGISTRATION IS ON LINE:**

##### **This is how to join:**

Go to the membership section on the Triathlon WA website: <http://www.triwa.org.au/membership.htm> ,

Then click on "join TWA online",

Then click 'here' in the blue 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.

🚲 **If you do not know your membership number send me an email** and I will send it to you.

🚲 **For New Membership:** Click on **New member registration** and continue through the prompts. You will need to say "yes" to club and then put in "North Coast" as your club.

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!!

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

- **Maximizing the Aero Position**

Are you generating maximum power from the aero position?

Learn some tricks from 6-time Ironman champion Dave Scott that will ensure you're getting the most from the position.

<http://www.youtube.com/watch?v=RJIBXFMZLnw>

- **OLYMPIC FEEDING STRATEGY (for those doing Bunbury on 4 November)**

<http://www.fueltriathlon.co.uk/articles/OlympicNutrition.pdf>

- **Working your heart** by Mark Allen

<http://www.markallenonline.com/hearttrate.asp>

- **QUOTES FOR TRIATHLETES**

<http://www.whenbigboystri.com/quotes.htm>

- **Vansteelant victorious at ITU Duathlon World Championships**

This report filed - October 22, 2007

Melaina Juntti

<http://it1.insidetri.com/portal/news/news.asp?item=111164>

- **Interview with Craig Alexander**

This report filed - October 26, 2007 by Timothy Carlson

<http://it1.insidetri.com/portal/news/news.asp?item=111187>

- **After my bike crash, I had a look at this clip and I didn't feel so bad. Cycling Crashes**

<http://youtube.com/watch?v=D-oGQdXvkTg>

- **MTC: MANCHESTER TRIATHLON CLUB**

<http://www.man-tri-club.org.uk/>

- **WHY DATING A TRIATHLETE IS A BAD IDEA :**

From the triathlete don't see any reason not to date a triathlete in there...

<http://www.man-tri-club.org.uk/Forum/viewtopic.php?t=1486&start=0&postdays=0&postorder=asc&highlight=>

- **Sleeping your way to the top**

Posted by: The Altitude Centre Posted on: Thursday 25th October 2007. Interestingly, Chrissie Wellington, who recently won the Ford Ironman World Championship in Hawaii, spent five years living in Nepal at an altitude around 5,000 meters and now uses two training camps; one in Phuket where she is able to train in heat and humidity, and the other in Leysin, Switzerland at an altitude of 1,250 to 2,200 meters.

[http://www.tri247.com/article\\_2559\\_Sleeping+your+way+to+the+top.html?category](http://www.tri247.com/article_2559_Sleeping+your+way+to+the+top.html?category)

## DATES FOR YOUR DIARY

Anaconda Adventure Race	November 4 <sup>th</sup>	Dunsborough
Aquathlon 3	November 9 <sup>th</sup>	Sorrento SLSC
Max Grieve Classic	November 23 <sup>rd</sup>	Sorrento SLSC
Donnybrook Marathon Relay	November 17 <sup>th</sup>	
Aquathlon 4	December 7 <sup>th</sup>	Sorrento SLSC
<b>Cylo Sportif</b> - Great Perth Bike Ride	November 25 <sup>th</sup>	(Around the River)
Ironman WA	December 2 <sup>nd</sup>	Busseton
Aquathlon 5	December 21 <sup>th</sup>	Sorrento SLSC
Aquathlon 6	January 4 <sup>th</sup>	Sorrento SLSC
Aquathlon 7	January 18 <sup>th</sup>	Sorrento SLSC
Aquathlon 8	February 1 <sup>st</sup>	Sorrento SLSC
State Aquathlon Championships	February 8 <sup>th</sup>	Sorrento SLSC
Aquathlon 9	February 15 <sup>th</sup>	Sorrento SLSC
Aquathlon 10	February 29 <sup>th</sup>	Sorrento SLSC
Aquathlon 11	March 14 <sup>th</sup>	Sorrento SLSC
Aquathlon 12	March 28 <sup>th</sup>	Sorrento SLSC

## NOTICE BOARD

### FOR SALE

HYDRATION PACK 2 LT	NEW \$29.95	NOW \$20.00
JARVIS WALKER PICNIC BACKPACK SET	NEW 89.00	NOW \$50.00
OZ TRAIL FOLDING CHAIR	NEW 50.00	NOW \$30.00

ALL BRAND NEW NEVER, USED UNWANTED PRIZE

PHONE ROB LEES 93004946 OR 0439998684

(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**\*\*\*\*\*

## AL'S SPECIALS

At present the club members get a 10% discount of goods in the store, however, we are going to have a sale during the months of Oct & Nov whereby:  
Members will receive an additional **15% discount (25% total) off all stock items of clothing** (Shoes, goggles & swim equipment not included)



## NEW SATURDAY RIDES

Al Nicolls will be starting a group ride from his shop at 6am (start) on Saturdays. This starts this Saturday 13th. These rides will be around 2hrs & will include some intervals. **AL's Cycle Surgery, Shop 8, 99 Caridean St Heathridge**



## SORRENTO / NORTH COAST \$100.00 CLUB FUNDRAISER

Tickets are still on sale for the **Sorrento Challenge 100 Club**  
(Contact Beth Hewitt on 9448 1431 to buy over the phone using your credit card or buy one on Wednesday nights)

The first 6 prizes (3 x \$100, 2 x \$250 and 1 x \$500) will be drawn on

**Wednesday 17<sup>th</sup> October at 7.30pm at Sorrento Surf Club**

Come on down, buy a ticket, have a drink and catch up with everyone else.

Thanks Mike

**Mike Blatchford**

## 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”.

## 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 McIness 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:lnstylecakes@iprimus.Com.Au">lnstylecakes@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.cyclosporitif.com.au](http://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](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
23-Nov-07	End of Year Wind Up	Perth	Social
25-Nov-07	Great Perth Bike Ride	Round the River	Group

## DID YOU KNOW?

## 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

Now that the wet days are almost behind us it is time to start thinking about improving our running and getting ready for the tri season. Therefore the club running training will recommence on Thursday 4th October at 6pm at Flinders Reserve, Broadbeach Blvd, Hillarys.

This is a free session that caters for all running abilities, so even if you struggle to run 1km you are still welcome to attend. The sessions are conducted on a 400m grass track and they are designed to challenge all runners, with different programs being set for different running abilities.

So come along and challenge yourself while having a lot of fun and meeting other club members. See you at the track next week.

Cheers  
Kim Vivian (Club Captain)

### 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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