

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 8/2008

NEW POSTS

Can you help @ Meelup?

Aquathlon 9 results

Games Night - Junior Fundraiser

ORDER YOUR NEW CLUB UNIFORM – great response so far (50 odd) 3 more days to go.

Women's Only Tri – marshals & water stations handlers wanted

There will be a **ride this Saturday** from Al's

The Big Bike Ride

Are you ready for "THE VALLEY" ride?

TRYstars News

Junior News

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

Some Dates to Remember

Notice Board –North Coast "Fast Tran" Race suit, LOTS OF BIKES & WHEELS (Lizzie's - "Garage Sale", just take a look), Club Water Bottles for sale.

ONGOING POSTS

Youth Focus Movie night

This is YOUR Newsletter – it's your voice

New Saturday Rides

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

Did you know?

Club Training Sessions and group rides

NOTE: All correspondence relating to this Bulletin must be sent to the editor Dave Norton at: nortondo@bigpond.com

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

CAN YOU HELP AT MEELUP?

I need 4 people for registration at the Meelup Race this coming Saturday 10.15 am to 1200 noon; if any one will be at a loose end and can help I would appreciate it.

Contact: Kim Tyler – Lees: Mobile 0419 025 881, Phone (08) 9300 4946, Fax (08) 9300 5648. kim@robleesdesign.com.au

AQUATHLON RACE 9 RESULTS NEXT WEEK

Aquathlon Series 2007 – 2008

This year's series is sponsored by

"Al's Cycle Surgery" at Shop 8, 99 Caridean St., Heathridge.

9307-6842 or 0416-865 729



Fastest on Night		Handicap	
Race 9	15 th Feb		15 th Feb
Competitor	Race time	Competitor	Handicap Points
Nener Kenji	20.20	Crabb Andrew	50
Scott Craig	23.08	Joyce Graham	49
Silverlock Barry	23.59	Medland Tom	48
Thrum Jack	24.06	Medland Andy	47
Joyce Graham	24.12	Neary Jack	46
Nicholls Alan	24.20	McIntosh Greg	45
Neary Jack	25.20	Hoffman Mark	44
Power Luke	25.29	Hales Roger	43
Team Sam/David	25.49	Nicholls Alan	42
Peris Matt	25.55	Power Luke	41
Nener Brett	25.57	Griffiths Darrin	40
Crabb Andrew	25.59	Scott Craig	39
Grassick Keith	26.04	Nener Brett	38
Hallett Kimberley	26.42	Nener Kenji	37
Hales Roger	26.54	Lees Rob	36
Griffiths Darrin	26.55	Thrum Jack	35
Medland Tom	26.57	Grassick Keith	34
Bond Natalie	27.04	Bond Natalie	33
Lees Rob	27.36	Silverlock Barry	32
Medland Andy	27.42	Team Sam/David	31
McIntosh Greg	28.00	Heyes Paul	30
Norton David	28.45	Griffiths Kate	29
Heyes Paul	28.57	Highfield Tony	28
Hoffman Mark	29.06	Clare Ivan	27
Nicholls Sophie	30.06	Norton David	26
Houston Tom	30.33	Houston Tom	30
Griffiths Kate	32.05	Wickramasinghe Nimal	30
Highfield Tony	32.25	Peris Matt	30
Clare Ivan	32.34	Hallett Kimberley	30
Wickramasinghe Nimal	35.04	Nicholls Sophie	30
Fearnley Sue	35.04	Fearnley Sue	30
Nener Kenji	20.20	Crabb Andrew	50
Scott Craig	23.08	Joyce Graham	49
Silverlock Barry	23.59	Medland Tom	48
Thrum Jack	24.06	Medland Andy	47

Spot Prize winners race 7		25th Jan
1	\$90 towards a helmet	Nimal Wickramasinghe
2	2XU Running top	Jack Neary
3	Arm warmers	Luke Power
4	Sun Glasses	Kimberley Hallett
5	Gas Canister + swim hat	Darrin Griffiths
6	Swim Goggles	Jack Thrum
7	2XU Hat	Craig Scott

Spot prizes available from: "Al's Cycle Surgery" at Shop 8, 99 Caridean St., Heathridge. 9307-6842 or 0416-865 729

NCTC STATE SCHOOLS TEAM JUNIOR FUNDRAISER.

Games Night

Date: 8th March 2008

Time: Doors open 7.00pm start 7.30 pm

Where: Hamersley Rec Centre Belvedere Road Hamersley

Tickets: \$10.00 per ticket tables of 8

Alcohol / Soft drinks for sale

BYO nibbles

Heaps of prizes

Raffle tickets

This event was sold out last year so make sure you buy your tickets early

Ticket sales phone Lyndsay Richards 93078568 or 0405128568

ORDER YOUR NEW CLUB UNIFORM NOW

2XU custom spec.

PROJECT TITLE: BRW RANGE "FIRESTORM" (KIT 1)
ISSUE DATE: 30/11/07
REVISION NUMBER: 2
BY: TROY HOWE

TEL: +61 3 9819 9700
EML: troy@2xu.com.au

243 BURWOOD ROAD,
HAWTHORN, VIC 3122

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LX1309b Endurance Singlet



MX1305d Tri Suit One Piece Male



MX1303b Tri Short Male



MX1306d Tri Suit One Piece Female



WX1307b Tri Short Female

11th February, 2008

Dear Members

Over recent months, after many discussions & design changes we are now in a position to take orders for the new club kit, which will be manufactured by 2XU.

As stated during the State Aquathlon we will be offering this kit for the one off price including GST as follows

Tri One Piece Suit = \$175.00

Tri Singlet = \$87.50

Tri Shorts = \$87.50

We can only obtain this exceptional offer with our suppliers by placing a large quantity order for which AI's Cycle Surgery would have to make a large upfront financial outlay. We can only make this financial commitment with your support. We need all club members to get behind the club and show your commitment by purchasing & wearing the new kit at every possible event.

Important

If we do not receive sufficient numbers prior to the order deadline date of 22nd Feb we will have to cancel the project

Members who make pre-orders prior to the 19th Feb will be the **only ones** to get this special offer price, any orders taken after this date will be charged as follows.

Tri One Piece Suit = \$215.00: Tri Singlet = \$107.50: Tri Shorts = \$107.50

Order Deadline

The deadline for placing our order so that they will be ready prior to Busselton ½ Ironman is **strictly** Friday 22nd February – extended by 3 days for those last minute decisions.

Fitting

At Al's Cycle Surgery, Shop 8, 99 Caridean Street, Heathridge
Tel: 9307-6842
Mob: 0416-865 729
Email: alsyclesurgery@gmail.com

Payment Conditions
Full payment with order, Cash, Eftos, Credit (Visa or MasterCard)

We are all excited about the new kit & hope that we can count on your support

Al & Suzie
Al's Cycle Surgery

WOMEN'S ONLY TRI - MARSHALS & SKIMPY WATER STATION MEN

If you would like to help at this fun event, please contact Kim Tyler-Lees for further details on 9300 4946 or 0419 025881. All members are encouraged to assist. Date 2nd March 2008.

RIDE THIS SATURDAY

Although many Club members will be heading south for the Meelup Triathlon, there will still be a Saturday ride. Dave Norton will take the ride and will decide on the morning how to split the group if necessary. Still a 6.00am start.

THE BIG BIKE RIDE

The organizers are currently gearing up for the biggest cycling event of the 2008 calendar set for Sunday 16th March 2008. This year they are building on last year's event which was a resounding success with a record 7015 cyclists entering the event and supporting the work of the Asthma Foundation of WA.

The hard work has paid off and they have been granted permission from the State Government as well as Main Roads WA to stage the 60km addition to the event. They believe adding the 60km component to the event will appeal to those cyclists who consider 30kms too short and provide the base by which to grow the event over the next five years. By adding the 60km distance they also hope to increase the accessibility of the event to cyclists from Perth's southern suburbs and make use of the long awaited and state of the art Perth to Mandurah Railway.

The event caters for all participants from the serious cyclist to families and first timers with plenty of room for everyone else in between. You have the choice of:

60km - Kwinana Train Station to Joondalup
30km - Belmont Park Racecourse to Joondalup
10km - Greenwood Train Station to Joondalup

The highlights of the event include:

- Cycling with over 7000 other cyclists
- Exclusive use of Perth's three freeways by participants
- Riding over the Mt Henry and Narrows Bridges (60km)

- Riding through the Graham Farmer Tunnel (30km)
- Family Friendly ride on the Mitchell Freeway (10km)

THE VALLEY RIDE IS COMING

Challenge your body & challenge your mind – join fellow North Coasters on this character building ride, coming up on Sat 22nd of March. Watch this space for more details.

TRYSTARS NEWS:

HAPPY BIRTHDAY TO:

Heather Johnson (12) and Luke Bate (9) who celebrate their birthdays next week. We hope you have a great day, Heather and Luke. Anyone who has not received their birthday pencil over the last month or so please ask Linda at the next TRYstar session. We keep forgetting to give them out! Sorry!!

COMING UP:

- 🚲 Friday 22 February at 5pm. Bike and run skills training at **Kinross** followed by spot prizes and a mini duathlon.
- 🚲 Saturday 23 February. Meelup Classic Triathlon near Dunsborough. Enticer suitable for 12+ TRYstars. Start: 12 Noon. Go to: <http://www.trievents.com.au/triserries/race3-meelup/r3-index.htm> for further information and to register. Registrations without incurring a late entry fee close Wednesday 20 February.
- 🚲 Friday 29 February 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 2 March. Women's Triathlon at Matilda Bay, Nedlands. Mini short race suitable for beginner girls. Short race suitable for 13+ girls who have already done a few triathlons and don't mind the odd hill on the cycle. See below for more details.

TELL ALL YOUR FRIENDS ABOUT THE NORTH COAST HAVE-A-GO TRYSTAR TRIATHLON:

Sunday 9 March OPEN TO NON MEMBERS. Ages 7 – 15. Practise for Weetbix event the following week.

GET ENTRY FORMS FROM LINDA AT TRAINING TO GIVE OUT AT SCHOOL.

Everyone's a winner!! All receive a Chocolate Medal and Certificate. Spot Prizes for lucky number winners!

At Craigie Leisure Centre. Transition Opens: 7am. Registration: 7.15 – 7.40am. Race Briefing and practice cycle ride: 7.45am START: 8am.

Presentations and spot Prize Draw when all have finished. Approx end of Presentations: 10am

Race Distances:

7 and 8 year olds: Distances: 25 or 50m swim/ 1 or 2k cycle/500m run (No swim possible)

9 year olds: Max distances: 100m swim/3k cycle/1000m run (They can do less)

10 and 11 year olds: Max distances: 150m swim/4k cycle/1500m run (They can do less)

12 - 15: Max distances: 200m swim/6k cycle/2000m run (They can do less)

Cost: \$10 + pool entry for non-TRYstar members. Free except for pool entry for TRYstar members.

Assistance will be needed from North Coast TRYstar Parents to marshal the event and help with set up. This is how we run these events so cheaply!!

WEETBIX TRYATHLON:

Sunday 16 March @ Langley Park, Perth.

Distances: 7 – 10 year olds: 100m swim/ 3k cycle/ 500m run: 11 – 15 year olds: 200m swim/ 6k cycle/ 1k run.

Don't forget to register. Go to: <http://www.weetbix.com.au/tryathlon/> for more details and to register. Cost: \$30 for TRYstar members. Make sure you have your North Coast TRYstar Membership number handy to get your \$5 discount. We hope to have the North Coast TRYstar tent at the event as a gathering point for everyone.

HELP NEEDED AT THE WEETBIX TRYATHLON:

Anyone who is available to assist at the Weetbix race on Sunday 16 March please contact Roberta Lori on: bamballam@hotmail.com if you have spare family members who can assist North Coast with their volunteer quota, Roberta would love to hear from you. She has the unenviable job of finding North Coast's 25 volunteers to help with the race.

ANOTHER RACE FOR THE OLDER GIRLS (12+) TRYSTARS

WOMENS TRIATHLON – Sunday 2 March @ Matilda Bay, Nedlands.

Mini Triathlon is suitable for the beginner: 150m swim/5k cycle/1.5k run – No hills. 13 year olds+ can enter the short course event (Too long for 12 yr olds) 300m swim/10k cycle/3k run - Hills on cycle. Registration packs have to be collected on the Saturday due to large numbers in event. Go to <http://www.trievents.com.au/womenstri/index.html> for further details and to enter.

JUNIOR RACE SERIES FOR OLDER TRYSTARS (12+):

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: www.trievents.com.au Get in touch with Ann if you are interested.

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

🚲 Saturday 23 February, Meelup Classic, Meelup. Distance: 250/7/2

🚲 Sunday 30 March, Hillarys Triathlon, Hillarys. Distance: 250/7/2

TRYstars 13 and under:

Please note below in Junior News the rule on TRI BARS if you are racing. You should not have these on your bike until you are 14.

JUNIOR RIDES SUSPENDED:

Saturday morning Junior Rides have been suspended for the next few weeks due to Ann having to go overseas at short notice.

NORTH COAST TRYSTAR WEBSITE:

Go to www.northcoasttriclub.org.au and click on TRYstars to see the new information for the coming season.

I am away for three weeks. Any queries on TRYstars during this time please contact: Linda Scott: 9306 9664

Ann Blatchford 9448 4265(h) or 0403 114 677(m) 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 15 February **North Coast 9th Aquathlon** at Sorrento Surf Club, West Coast Drive, Sorrento. Rego: 6pm. Start: 6.30pm. Must be a member to race.

Saturday 23 February. **Meelup Classic** Triathlon near Dunsborough. Enticer suitable for 12+ Juniors. Junior Pursuit must be 15 to race. The Pursuit is a very tough race. Start: 12 Noon. Go to: <http://www.trievents.com.au/triserries/race3-meelup/r3-index.htm> for further information and to register. Registrations without incurring a late entry fee close Wednesday 20 February.

Friday 29 February **North Coast 10th Aquathlon** at Sorrento Surf Club, West Coast Drive, Sorrento. Rego: 6pm. Start: 6.30pm. Must be a member to race.

Sunday 2 March. Women's Triathlon at Matilda Bay, Nedlands. Mini short race suitable for beginner girls. Short race suitable for 13+ girls who have already done a few triathlons and don't mind the odd hill on the cycle. Long race suitable for 14+ girls who have raced before. See below for more details.

WOMENS TRIATHLON – Sunday 2 March @ Matilda Bay, Nedlands.

Mini Triathlon is suitable for the beginner: 150m swim/5k cycle/1.5k run – No hills. 13 year olds+ can enter the short course event (Too long for 12 yr olds) 300m swim/10k cycle/3k run - Hills on cycle. Long course event is suitable for 14+ girls who have raced before. Registration packs have to be collected on the Saturday due to large numbers in event. Go to <http://www.trievents.com.au/womenstri/index.html> for further details and to enter.

JUNIOR TRAINING RIDES SUSPENDED:

Saturday morning Junior Rides have been suspended for the next few weeks due to Ann having to go overseas at short notice.

SWIMMING SESSION – TUESDAY EVENING AT JOONDALUP

Tuesday evenings at Arena Joondalup from 7pm – 8pm. Swim Coach: James Harris.

ALL JUNIORS WELCOME AT RUNNING AT FLINDERS PARK ON THURSDAYS

Kim Vivian takes the running at Flinders Park on Thursdays at 6pm and juniors are more than welcome to join in. Just let Kim know when you arrive if this is your first time and tell him how old you are, then he can slot you into the appropriate program.

CYCLING – SPIN SESSIONS AT AL'S CYCLE SURGERY ON MONDAY NIGHTS

Ring Al on 9307 6842 Tuesday to Friday during shop hours to find out more.

TRI BAR RULE

Some "under14" athletes are using "tribars, profile bars, or clip ons" on their bikes during racing. This equipment is not permitted as defined in the TATC Technical Policy document. I am instructing all officials to enforce this policy and ask Race Director's to assist. There is a sanction and insurance issue if this, like any policy is ignored. It is unfair to the young athletes to have this implemented on race morning. Frank Stapleton, Chairman, Triathlon Australia Technical Committee.

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

- **IRONMAN WA**

(The best video so far)

<http://www.youtube.com/watch?v=UurlP-M8V3c>

- **Kelowna Apple Triathlon 2008**

The most scenic Olympic triathlon in Canada, and host of the Canadian National Championships (Sprint/Olympic) in 2008: The Kelowna Apple Triathlon takes place in the sunny Okanagan Valley just 2hrs from the US border and 4hrs east of Vancouver.

<http://www.youtube.com/watch?v=zNh6YGQ4Q-A>

- **1998 Escape from Alcatraz Triathlon**

Chris McCormack wins his first Escape from Alcatraz Triathlon. This is Macca's first race on US shores in 1998.

<http://www.youtube.com/watch?v=YCEe9Vw-wVo>

- **Rebekah Keat, Mike Vine suing Hammer Nutrition**

The lawsuit, joined by pro cyclist Amber Neben, alleges tainted Hammer Nutrition supplements caused positive tests, while Hammer President calls lawsuit "baseless."

http://www.triathletemag.com/Departments/Features/2007_Features/Rebekah

- **Norman Stadler's Website**

http://www.normann-stadler.info/stadler_en.php?site=home_en&menue=home

- **Beginner's Luck:**

Week 1: *Lance Watson's 16-week training plan for becoming a triathlete*. By Lance Watson.

Feb. 15, 2008 -- Each Friday, for the next 16 weeks, I'll be sharing my 16-week training plan, geared for the true "newbie", who is looking to complete their first sprint or Olympic distance event.

http://www.triathletemag.com/Departments/Training/2007/Beginner_s_Luck_Week_1.htm

- **SMACKDOWN!**

Should USAT Encompass Sports Other Than Triathlon?

This report filed - February 13, 2008

Timothy Carlson vs. Jeff Henderson

<http://www.insidetriathlon.com/portal/news/news.asp?item=112081>



Winter tri Nationals run course in Bend, Oregon
Courtesy Jeff Henderson

- **The Tao of Triathlon and Training**

By **Sebastian Wick**

<http://ezinearticles.com/?The-Tao-of-Triathlon-and-Training&id=982326>

- **Interview with Leon Griffin**

This report filed - February 14, 2008

Lars Finanger, Associate Publisher

<http://www.insidetriathlon.com/portal/news/news.asp?item=112079>



DATES FOR YOUR DIARY

North Coast Multi Events Calendar 2008

Date	Day	Time	Event	Location	Type	More Details
February						
23rd	Sat	pm	Meelup	Dunsborough	TRI	http://www.trievents.com.au/
29th	Fri	6pm	North Coast Aquathlon 10	Sorrento SLSC	AOA	North Coast Bulletin
March						
2nd	Sun	am	Women's Triathlon	Matilda Bay	TRI	http://www.trievents.com.au/
2nd	Sun	am	Albany Classic	Albany	TRI	gcam@adib.com.au
9th	Sun	am	BP/BRW Corporate	Langley Park	TRI	http://www.supersprint.com.au/
14th	Fri	6pm	North Coast Aquathlon 11	Sorrento SLSC	AOA	North Coast Bulletin
15th	Sat	pm	Karri Valley Tri	Pemberton	TRI	http://www.stadiumtriclub.com/
16th	Sun	am	Big Bike Ride (10k, 30k, 60k.)	Kwinana/Perth/Joondalup	CYC	http://www.freewaybikehike.com.au/
16th	Sun	am	Esperance Classic	Esperance	TRI	terrylanders@bigpond.com
22nd	Sat	5.30am	Death Valley Ride (120k)	Gidgegannup	TRA	North Coast Bulletin
28th	Fri	6pm	North Coast Aquathlon 12	Sorrento SLSC	AOA	North Coast Bulletin
30th	Sun	am	Skilled Teams	Fremantle	TRI	sportsperformance@inet.net.au
30th	Sun	am	Goldfields Classic	Kalgoorlie	TRI	secretary@kalgoorlietrickclub.com.au
30th	Sun	am	Hillarys Tri	Hillarys	TRI	http://www.trievents.com.au/
April						
6th	Sun	am	Point Walter OD	Point Walter	TRI	sportsperformance@inet.net.au
May						
3rd	Sat	am	Half IM	Busselton	TRI	http://www.trievents.com.au/
OW	Open Water Swim Thru					
AOA	Aquathlon					
TRI	Triathlon					
TRA	North Coast Training Activity					
CYC	Cycling event suitable for all					

NOTICE BOARD

1. **For Sale:** North Coast "FAST TRAN" ladies race suite. Size small - yours for only \$60.00 (half price and only worn twice) Contact Hayley Norton 0404 079 486.

2. **FOR SALE: Trek Madone SL 5.9 full Carbon 110 OCLV - 52cm.** Ridden for one season (short course triathlon) by lightweight female. Well looked after, regularly serviced.

- Project One Custom Paint Job (blue and white flame - see pic)
- Durace 10 speed (53/39) and (12/25)
- Bontrager Race X Lite Saddle
- Bontrager Race Lite Wheels
- Bontrager Race X Lite Carbon Seat post
- Bontrager Race X Lite Carbon Handle bars
- Bontrager Race XXX Lite Carbon Head stem
- Bontrager Race X Lite Carbon Cranks

RRP over \$8000 AUD - **FOR SALE FOR \$4000 or best price – make me an offer!** Australia wide postage can be arranged. Call Liz on 0412682155.



3. **FOR SALE: Bontrager Aeolus 5.0 Carbon Race Wheels - Tubular**

Never been used - (still in plastic!) – see pic), never had a tire glued on.
Also includes titanium skewers, valve extenders and wheel bag.
These are top of the line super lightweight, aero race wheels.
RRP over \$2750AUD

FOR SALE FOR **\$1750 ONO** Australia wide postage can be arranged. Call Liz on 0412682155.



4. **FOR SALE: Sale Zipp 303s Wheel set**

Been used for 3 seasons in short course triathlon racing only, no "Zipp" stickers due to sponsor requirements. These are excellent light weight carbon race wheels. (No pic)

For sale for \$1200 ONO Australia wide postage can be arranged. Call Liz on 0412682155

5. **New Club Water bottles** are now available \$7.00 each or 3 for \$20 great little stocking fillers will be available at the Christmas Aquathlon.



6. **Race Number Belts For Sale:** \$15.00 fully adjustable in length, Toggles hold number on. Phone Kim 0419 025 881

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

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

THIS NEWSLETTER IS ALSO YOUR VOICE

All members are encouraged to use this Bulletin as a forum to voice your opinions/ have your say about anything Triathlon. We would love some human interest stories and it would also be nice to keep the photo gallery section going. So PLEASE have your say and be heard through "What's Happening"

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".

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

Saturday ride

Al Nicolls runs group rides from his shop at 6am (start) on Saturdays. These rides will be around 2hrs & will include some intervals.
AL's Cycle Surgery, Shop 8, 99 Caridean St Heathridge



Development Rides

For those who have just joined the club and/or who do not feel ready to tackle the group rides out of Al's Cycle Surgery, 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.

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

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

James Harris runs a swim session on Tuesday nights– duration is from 7pm – 8pm and coaching fee remains at \$7.00 per session (pool entry not included).

All information relating to training sessions can be found on the Club website. The website is now updated weekly, so information should always be current. The website address is <http://www.northcoasttriclub.org.au/index.html>

If you would like to stop receiving these bulletins please send this advice in an email to nortondo@bigpond.net.au (the sender) the bulletin is intended for current North Coast Triathlon Club members (primary & secondary) and their supporters. Non-current members will however receive cancellation advice earlier.

David Norton

This Newsletter is sponsored by – Building Hire Pty Ltd.

BUILDING HIRE PTY LTD	David Norton Operations
Specialising in:	4/27 Pavers Circle Malaga WA 6090
• Scaffolding	Tel 9209 3550
• Bricklaying	Fax 9209 3551
	Mob 0431 032 040
	Email david.buildinghire@people.net.au

Please call Dave for all your scaffolding needs