

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 10/2008

NEW POSTS

[Women's Only Tri Results](#)
[Albany Classic Tri Results](#)
[Aquathlon 9 results next week](#)
[Tony Highfield sneaked off to IM NZ](#)
[Member Profile – look who got sneered](#)
[Games Night - Junior Fundraiser](#)
["DEATH VALLEY" ride – notable sites](#)
[TRYstars News](#)
[Junior News](#)
[What's Cooke..ing in John's www?](#)
[Some Dates to Remember](#)
[Notice Board – Giant TCR 0, 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 – a very worthy cause](#)
[The Freeway Bike Ride](#)
[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*******

WOMEN'S ONLY TRI - RESULTS

LONG COURSE															
Pos	First Name	Last Name	Gun Time	Cat	Cat Pos	Gen Pos	Swim	O Pos	C Pos	Cycle	O Pos	C Pos	Run	O Pos	C Pos
3	Loretta	WESLEY	1:02:57	40-44	1	3	0:08:02	14	1	0:34:45	5	1	0:20:09	2	1
4	Jade	TURNER	1:04:32	16-19	1	4	0:07:04	3	1	0:35:10	8	1	0:22:15	15	1
6	Robyn	SCOTT	1:05:34	45-49	1	6	0:07:44	8	1	0:34:55	6	1	0:22:53	24	2
15	Nathalie	BOND	1:08:54	35-39	5	15	0:08:02	15	4	0:37:20	23	5	0:23:30	31	5
31	Sue	LIBBIS	1:12:17	40-44	3	31	0:10:07	70	5	0:38:54	51	6	0:23:15	28	4
32	Tarnia	STONE	1:12:18	40-44	4	32	0:08:09	17	2	0:40:19	85	12	0:23:48	38	5
37	Katherine	HUMPHREYS	1:12:25	16-19	3	37	0:08:52	35	3	0:38:21	40	3	0:25:10	63	4
65	Maxine	ALLEN	1:15:50	35-39	12	65	0:09:14	40	6	0:40:59	92	18	0:25:34	72	13
90	Amanda	SOUTHERN	1:18:25	30-34	14	90	0:12:14	161	30	0:42:09	119	21	0:24:01	45	8
106	Sandy	TINDALE	1:20:32	50-54	4	106	0:10:58	110	6	0:43:30	146	7	0:26:02	81	3
109	Paula	HANSON	1:20:40	50-54	6	109	0:11:42	143	8	0:41:10	94	3	0:27:46	122	5
120	Kate	GRIFFITHS	1:21:31	30-34	20	120	0:10:20	81	17	0:44:09	158	29	0:27:00	104	15
122	Petra	CAMERON	1:21:36	35-39	22	122	0:11:23	127	17	0:41:38	103	21	0:28:34	135	24

136	Maryanne	LARSON	1:22:50	35-39	24	136	0:13:06	188	31	0:43:53	152	28	0:25:48	77	15
156	Sarah	BLACK	1:24:52	40-44	22	156	0:11:33	133	13	0:42:24	125	19	0:30:53	173	23
188	Jade	DOMICAN	1:31:11	20-24	17	188	0:10:57	108	11	0:44:09	157	13	0:36:03	203	18
SHORT COURSE															
Pos	First Name	Last Name	Gun Time	Cat	Cat Pos	Gen Pos	Swim	O Pos	C Pos	Cycle	O Pos	C Pos	Run	O Pos	C Pos
28	Jenny	ALEXANDER	0:43:31	35-39	2	28	0:06:30	98	12	0:20:46	12	3	0:16:13	93	11
139	Gina	JONES	0:47:45	30-34	25	139	0:07:32	245	45	0:23:50	157	29	0:16:22	103	15

ALBANY CLASSIC TRIATHLON RESULTS

Still waiting

AQUATHLON RACE 10 - RESULTS NEXT WEEK

Aquathlon Series 2007 – 2008

Only 3 more races left in the series so come to the carnival and enjoy some very social racing and an even more social BBQ & drinks afterwards.

Sorrento Surf Club - this Friday - start time 6.30 pm (but get there earlier).

This year's series is sponsored by
"Al's Cycle Surgery" at Shop 8, 99 Caridean St., Heathridge.
9307-6842 or 0416-865 729



TONY'S LONG DAY IN TAUPO

If you want to read Tony Highfields "my long day in Taupo" the link is

<http://www.zeusweb.com/Taupo2008.pdf>

THE "SWEET ON FITNESS" MEMBER PROFILE - EARLE FRANKLIN

What name do you prefer to be called?
 How long have you been doing Triathlons?
 Which of the 3 tri disciplines did you do well at before you decided to try tri?
 Do you remember your first race?

Earle
 1983 I have been doing them for 25 years.
 There wasn't one in particular.
 Half Iron man Sydney, NSW 1983. There were no water stations and I got followed by ambulance as they didn't think that I would
 Jonathan my son

Who are your training partners?
 Do you have any race day superstitions? E.g. lucky shoes?
 What is your ultimate ambition in Triathlon?
 What is the brand of your favourite "steed"?

No (I thought it was 2 beers before the race. ED)
 Keep doing them for as long as possible. I aspire to beat Dave Norton – he is my hero.
 Gaurand Obesty "steed"
 Asics Gel Kayano's

Preferred running shoe?
 Favourite meal the night before a race?

Steak and vegies
 Lawrence of Arabia

Best ever movie you have seen?

Three most inspirational people you would like to invite to dinner? Dead or alive?

My Father, Henry VIII and Peter Robertson (Robbo).

Do you have a sporting idol?

A combined Peter Robertson and Dave Norton. They are both great athletes.
 (Who in the is Dave Norton – ED)



This profile segment is sponsored by:

RENEE NOAKES
Sweet On Fitness
Nutritionals You Can Trust



Please call me on 0408 666 229 for more information or

web: www.sweetonfitness.usana.com email: sweetonfitness@hotmail.com



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

THE DEATH 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.

120ks of character building bike riding – a great endurance builder for all contemplating the Half IM later in May. Departing from the Kingsley Dome at 5.30am, cycling through the Eastern SOB in the Redwill by liability level from smaller groups to negotiate the Valley – it is important not to get isolated, so find a buddy and work together. Gidgegannup is the turnaround/refreshment stop and muster point for the group ride home. Expect to get back to the Dome at around 11.00am

Sites of Interest

- < Mal's miracle escape
- < Last sighting of Moose, Bourbon & Grumpy
- < Di Hills from Hell
- < Three puncture Kilometre
- < Brockies last stand

TRYSTARS NEWS:

HAPPY BIRTHDAY TO:

Rachel Truscott (15) who celebrates her birthday next week. We hope you have a great day, Rachel. 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 7 March at 5pm. Bike and run skills training at **Kinross** followed by spot prizes and a mini duathlon.
- ✓ Sunday 9 March at Craigie Leisure Centre, **HAVE-A-GO TRYSTAR TRIATHLON FOR ANYONE AGED 7 – 15**. See details below.
- ✓ Friday 14 March at 5pm. All ages bike and run session 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 16 March at Langley Park, Perth. Weetbix TRYathlon. See details below.

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! 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 <http://www.weetbix.com.au/try@tbln/> 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.

JUNIOR RACE SERIES FOR OLDER TRYSTARS(12+) ONLY ONE RACE LEFT:

✓ If you only do one race this season this is the one to do. Sunday 30 March, Hillarys Triathlon, Hillarys. Distance: 250/7/2

On your doorstep and very suitable as a first timers race. Go to: <http://www.trievents.com.au/triseries/race4-hillarys/r4-index.htm> for further details and to register. Expect big numbers North Coast supporters will be there but Ann know if you are entering.

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.

NORTH COAST TRYSTAR WEBSITE:

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

I have to go 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:

✓ Saturday 8 March. North Coast Games Night. Fundraiser by North Coast State Triathlon Team Members. See details above

✓ Friday 14 March, North Coast 11th Aquathlon at Sorrento Surf Club, West Coast Drive, Sorrento. Rego: 6pm. Start: 6.30pm. Must be a member to race.

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 COOKING IN JOHN'S WWW?

◁ Beginner's Luck: Week 2

Lance Watson's 16-week plan for becoming a triathlete

By Lance Watson

http://www.triathletemaq.com/Departments/Training/2007/Beginner_s_Luck_Week_2.htm

◁ Bike like Normann and Faris, or at least train like them: Top pros share some of their favourite hammer sessions

By Matt Fitzgerald

<http://www.triathletemag.com/Departments/Training/2007/Bike like Normann and Faris or at least train like them.htm>

< **Ironman Malaysia Triathlon 2008**
<http://www.youtube.com/watch?v=e2iBu0UCYLM>

< **Kate Meyers Pro triathlete**
<http://www.katameyers.com/>

< **Bree Wee: Ironman Hawaii 13th Overall/1st amateur**
<http://breeweehawaii.blogspot.com/>

< **Hillary Biscay : swim ,bike , run**
<http://www.hillarybiscay.com/>

< **Bevilaqua impresses with second place March 1, 2008 - 5:42PM**
<http://news.smh.com.au/bevilaqua-impresses-with-second-place/20080301-1w3v.html>

< **IMNZ wins for Brown and Lawn**
 Posted by: Editor
 Posted on: Saturday 1st March 2008
http://www.tri247.com/article_3007_IMNZ+wins+for+Brown+and+Lawn.html?category=

< **Kiwis make the 24th Bonita Ironman New Zealand their own**
 Ian Hepenstall reports on an exciting day of racing in Taupo
<http://www.ironmanlive.com/events/ironman/newzealand/ian-hepenstall-reports-on-an-exciting-day-of-racing-in-taupo>

< **John Howard then and now**
 Written by: [Herbert Krabel](#)
http://www.slowlitch.com/Interview/John_Howard_then_and_now_196.html

DATES FOR YOUR DIARY

North Coast Multi Events Calendar 2008

Date	Day	Time	Event	Location	Type	More Details
March						
8th	Sat	pm	NC Games Night Fundraiser	Hammersley leisure Ctr	SOC	North Coast Bulletin
9th	Sun	7am	N Coast have a go TRYstars Tri	Craigie Leisure Centre	TRI	http://www.triwa.org.au/
9th	Sun	am	BP/BRW Corporate	Langley Park	TRI	http://www.supersprint.com.au/
14th	Fri	6pm	North Coast Aquathlon 11	Sorrento SLSC	AQA	North Coast Bulletin
15th	Sat	pm	Karri Valley Tri	Pemberton	TRI	http://www.stadiumtriclub.com/
16th	Sun	am	Sanitarium Weetbix TRYstar	Langley Park Perth	TRI	http://www.weetbix.com.au/tryathlon/
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	AQA	North Coast Bulletin
30th	Sun	am	Skilled Teams	Fremantle	TRI	sportsperformance@iinet.net.au
30th	Sun	am	Goldfields Classic	Kalgoorlie	TRI	secretary@kalgoorlietriclub.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@iinet.net.au
May						
3rd	Sat	am	Half IM	Busselton	TRI	http://www.trievents.com.au/
OW	Open Water Swim Thru					
AQA	Aquathlon					
TRI	Triathlon					
TRA	North Coast Training Activity					
CYC	Cycling event suitable for all					
SOC	Club Social Event					

NOTICE BOARD

- For Sale:** BRAND NEW GIANT TCR 0 ALLOY FRAME AND FORKS. STILL IN BOX FROM GIANT. SIZE L (55.5) \$650.00ono

(PHOTO ATTACHED).

BRAND NEW SHIMANO 550 WHEELS WITH RUBINO PRO TYRES. SUIT 9 OR 10 SPEED. TAKEN OFF NEW BIKE \$350.00ono

XLAB SADDLEWING. USED \$30.00

BRAND NEW ROLA KAYAK HOLDERS TO SUIT ROLA ROOF RACKS. COST 170.00. SELL \$125.00ono



CONTACT MARK SEDGWICK 92498809 or 0403171611 or mtsedg@bigpond.net.au

2. **For Sale:** North Coast Tri Club triathlon tri suit - yours for only \$69.00 (half price and only worn twice) Contact Hayley Norton 0404 079 486.



3. **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.



4. **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.



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

Been used for 3 seasons in short course triathlon racing lightweight no carbon race wheels. (No pic)

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

6. **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.



7. **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*******

YOUTH FOCUS - WELL WORTH YOUR SUPPORT

To all club members

Another year has passed and the ache I feel in my heart that ~~him~~ ~~the best way~~ ~~loc~~ ~~an~~ ~~ge~~ ~~d~~ some days are better than others.

One of the ways for me to deal and cope with his suicide has been to become part of a very special group of people who ride from Albany to Perth covering over 710km to raise awareness and much need funds for Youth Focus, a WA non-government community based organisation that works with young people 12–18 years of age who are showing early signs of suicide, depression and self-harm. Youth Focus works with over 600 young people and 160 families each year.

Part of my commitment is to raise \$4000 and you could help me reach my target.

As part of my fundraising, I am selling Salitage Wine at a very good 'discounted' price (thanks to Salitage).

Anyone can purchase this wine, so feel free to forward to your contacts. I have attached a Wine Order Form, just fill in the form and email it back to me.

If you don't want to order any wine but would like to support me in my fundraising, you can also donate on-line at www.rideforyouth.com.au. Please remember to chose me Di Scott as the rider.

Thank you in advance for your support.

Gratefully appreciated
Di



[Help prevent youth suicide!](#)

The 2008 *Hawaiian Ride for Youth* is a fundraising bicycle ride from Albany to Perth. The ride will cover over 700kms in 5 days commencing Tuesday 1 April 2008. Our target is to raise \$600,000 to assist funding of the Youth Focus Peer Support Programme. For more information on the ride please visit www.rideforyouth.com.au

[You can help us reach our target](#)

Salitage Wines has kindly provided six of their premium wines at heavily reduced prices to assist us in raising funds for the 2008 *Hawaiian Ride for Youth*.

[Salitage Wines on offer](#)

Wines	Bottle shop prices (per dozen)	Your price (per dozen)	Quantity (Dozen)
Salitage 2002/04 Pemberton (Bordeaux Blend)	\$420	\$250	
Treehouse 2004 Cabernet Sauvignon Merlot	\$240	\$180	
Treehouse 2005 Pinot Noir	\$240	\$180	
Salitage 2006 Wooded Chardonnay	\$420	\$240	
Salitage 2006 Unwooded Chardonnay	\$250	\$200	
Treehouse 2005 Chardonnay Verdelho	\$200	\$170	
	TOTAL		

Payment Options

- † My cash for \$_____ is enclosed
- † My cheque/money order for \$_____ payable to Dianne Scott, is enclosed
- † I have deposited \$_____ into your account as follows:
Account Name: Dianne Scott
BSB: 016495
Account #: 591147898 (Please provide your name as reference in the Trans comments)

Delivery Details

Just fill out your details below and Salitage will **free deliver** your wine within 10-14 working days

Name:		
Address:		
Suburb:	State:	Postcode:
Email:		
Telephone (H):	Telephone (W):	

THANK YOU SO MUCH FOR YOUR SUPPORT

Send orders and cheque payable to: Dianne Scott

24 Bindoo Rise, Woodvale, WA 6026

M: 0408 956 886

E: discott@aapt.net.au

THE FREEWAY 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)

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 the following rides are 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 - for development 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 is 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
<ul style="list-style-type: none">• Scaffolding• Bricklaying	Tel 9209 3550 Fax 9209 3551 Mob 0431 032 040 Email david.buildinghire@people.net.au

Please call Dave for all your scaffolding needs