

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 15/2008

NEW POSTS

Point Walter Tri Results
Rides this Saturday – all starting at 6.00am
Member Profile – Bazza
North Coast Half IM Teams so far
Best Supporter Prize – Half IM
Bits & Pieces – Did you ride last Sat? Want a long run partner?
Let's go Cyclo Sportif - **HOW TO JOIN**
TRYstars News
Junior News
What's Cooke..ing in John's www?
Want inspiration? – Read part 3
Laughing is Good
Some Dates to Remember
Notice Board – **Club Water Bottles for sale.**

ONGOING POSTS

Buy a computer & or acc and raise money for your Club
Bike paths in Joondalup – have your say
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*******

POINT WALTER TRI RESULTS

If anyone can find the results please send me the link at: nortondo@bigpond.com. Thanks ED

FROM THE CYCLE SURGERY - RIDES THIS SATURDAY

There will be 3 rides on Saturday – all leaving at 6.00am: The Half IM group will be doing a 90 km ride, and most will be taking runners for a run straight off the bike. Probably the easiest arrangement for this group will be to drive to McCafe leave your vehicle there (with your running gear) and then ride on to the shop to meet up with the riding group. At the end of the ride it will be straight to McCafe off the bike and straight off on a 5km run and then finally a coffee.

Al will organize groups 2 & 3 which will be leaving the shop also at 6.00am.

THE "SWEET ON FITNESS" MEMBER PROFILE - BARRY SILVERLOCK

- What name do you prefer to be to be called? **Bazz.** Have had this nickname for 40 years when Bazz was still original!
- How long have you been doing Triathlons? **Since 1989** when only the elite had bikes worth more than \$200
- Which of the 3 tri disciplines did you do well at before you decided to try tri? **Running.** Was in the state Badminton squad and running was one of our base fitness activities.
- Do you remember your first race? **Was at Mindarie keys** just after the marina had been built. Was about last out of the water, made up 2 or 3 places on the bike then got onto the run my best leg and stitched up

badly. Finished about 50th in my age group out of 51, the other guy was DQ'ed for starting in the wrong wave!

- Would you mind telling us what age group you race in? 45-49 but soon to be up there with Mr Excitement Al Nicholls in the 50-54's
- Who are your training partners? None left. They all saw the light and took up lawn bowls except Dave Norton. These days mostly the club sessions so lots of people and very much enjoy the social aspects of training and watching the juniors and new people to the sport improve and reach their goals.
- Are you married and bringing up a family? My wife Dianne (most understanding person in the world) Kids Naomi and Andrew both grown up now and I learn off them now.
- What is your profession? Company Director of a small consultancy firm.
- Do you have a product or service for sale that you would like members to know about? Not really. But a word of advice if you are going to run your own business. Run it don't let it run you!
- Do you have any race day superstitions? Not really but I must pack all my gear the day before systematically. This is after attending several races many years ago without items such as shoes, helmets etc.
- What is your ultimate ambition in Triathlon? These days it's just to be training and racing as long as possible
 - What are the specs of your trusty "steed"? Race Bike - Obea Orca. Training Bike - Specialized Pro. Wind Trainer Bike - all those bits a pieces left over from previous bikes that still work!
- Preferred running shoe? Asics
- Favourite meal the night before a race? Zucchini pasta dish (Fortunately Di's the best cook on the planet.....yeah I know I'm just a biased.)
- Best ever movie you have seen? Not a real movie buff but did like "The Castle". Most hated movie Wizard of OZ. The kids had it on tape when they were young and saw it 500 times and can now recite the entire movie word for word, song for song!!!
- Three most inspirational people you would like to invite to dinner? Dead or alive? It's actually 4. But my grand Parents (all deceased). Now that I'm old enough to appreciate and respect their life's story.
- What words would you like on your epitaph? He finally found the hill he couldn't get over.
- Do you have a sporting idol? Mark Calver Senior. Did Ironman with a leg brace on (due to a motorcycle accident many years ago) not once but 4 times.
In addition all those sportsman that know how to be humble in victory and gracious in defeat.



Barry Silverlock Busselton Half IM 2005

[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



10% of RRP of all Usana products on my website!!!!

I am looking at holding a nutritional information night on the benefits for athletes, adults and children and would like to get numbers on who would be interested in attending. If you are interested please email, call or sms on the contact details above. Thanks

HALF IM TEAMS POST

If you would like to form a team please announce the details of what you want here, by sending them to the editor at nortondo@bigpond.com

Please could all final teams be advised so that we can post the names?

We already have

< " Sprung Chooks"	Sue Fearnley		
< "Coz we Can"	Denice Rice (swim),	Jade Domican (ride)	Lindsay Richards (run)
< "Beat the Best"	Sarah-Jane Brummage (swim)	Sarah-Jane Brummage (ride)	Jane Jennings (run)
< "Diva-stating"	Nicole Klemm (swim),	Maria McNeil (ride)	Sandi Tindale (run)
< "Threecandotwo"	Nicky Rogers (swim),	Donna Ebert (ride)	Michelle Goodridge (run).
< Julia Skleryk & Team		Julia Skleryk (ride)	
< "MTM" (Mike Tracy Mike)	Mike Wren (swim)	Tracy Ober (ride)	Mike Wren (run)
< "Room For Improvement"	Travis(Swim)	Will Vagnoni (Bike)	Helen Vagnoni (Run)

Any others?

SHOTZ SPORTS NUTRITION BEST HIM SUPPORTER PRIZE

Shotz Sports Nutrition has an innovative way to get your supporters involved in the event. They are giving a \$500 dollar cash prize to the best and most innovative supporter. There are no strict criteria so get your creative minds to work. The winner will be announced at presentations from 9am on Sunday 4th May at the Event Village."

Maybe one for Kim T-L!!!!!!

BITS & PIECES

- < **Last Saturday's ride.** Great to see a very large group on such a bad day. All those on the normal ride got soaked but still made the coffee shop despite 7 punctures good effort everyone. A big well done to the hardy six that went on the long swim/ride – Julia, Rob Lees, Norm, Wilson and Nimal joined me on the swim through to Two Rocks and back. It was the 2nd worst ride I have ever had in 20 years and I think that Macca's Joondalup are still mopping the floor up after us. The good news is I have convinced Al to now stock Bike Hulls, Sails and Rudders. Well done guys – Bazz.
- < **I intend to do a few long runs ahead of the** HIM from Subiaco to Duncraig along the dual path adjacent to the freeway on either a Tuesday or Thursday afternoon (depending on the weather) from about 5pm, at 5min per km rate, anyone interested in joining me from the surrounding areas is welcome to join. For details contact Hoffs on 0427865294. (Mark Hoffman)

NORTH COAST TO ENTER UP TO 6 TEAMS IN CYCLO SPORTIF

2008 Cycling Australia Licence Holders Registration Procedure

If you already hold a 2008 Cycling Australia License through another Club then you do not need to pay any further membership fees to Cyclo Sportif however you **MUST** still join Cyclo Sportif by completing the [application form](#).

Instructions to join are as follows:

1. Download and print the "[2008 Cycling Australia Membership Application Form](#)" by clicking the link. This application form is in Adobe PDF format. If you do not have the latest version of ADOBE ACROBAT READER, click here to go to the Adobe web site.
2. Enter your details in the form - the Name of Club is "Cyclo Sportif" and the 2008 Category as is on your 2008 license. **Please include the name of your "2008 Cycling Club" on the top right hand corner of the application form.**

- Please also include your existing 2008 License number on the top of the form in the appropriate box (this will be checked against Cycling Australia's records)
The most important details are your Name, Address, Contact and Email. There is no need to tick the MTB or Defence box at the top of the form.
- Send the completed Application Form to Dan Fogarty, Treasurer, Cyclo Sportif Club of Australia Inc. PO Box 8164, Subiaco East WA 6008.
You do not need to send duplicate copies or a copy of your driver's license.

All North Coast members are welcome – there will be a team for your ability level.

Please read the entire concept below to get an idea of what Cyclo is.

In the meantime there have been lots of names bandied around and the teams they would ride in. The teams below are just a starting point to give an idea of the different levels. Many people that indicated they would be interested might have accidentally been left of the lists - if you want to ride contact Dave Norton on 0431 032 040 or nortondo@bigpond.com. If your name appears below and you are not interested, please just email Dave to get your name removed

Date	Event	Location	Event Type
16 Mar	Freeway Bike Hike	Belmont - Joondalup	Group
6 Apr	Tour de Perth	Kalamunda	Group
20 Apr	Caffissimo Sfida di Chidlow	Chidlow	Team
18 May	Central Systems Toodyay Randonneur	Toodyay	Team
29 Jun	Plan B Wealth Cicli a Swan Valley	Swan Valley	Team
3 Aug	Worley Parsons Pelotons de Pinjarra	Pinjarra	Team
13-14 Sep	Macquarie Bank Sur le Rivet à York Gran Fondo	York	Gran Fondo
19 Oct	Perth Integrated Health Clinic Pedali a Pickering	Pickering	Team
23 Nov	Great Perth Bike Ride	Round the River	Group

Team 1 North Coast Nyalators

Arthur Vernon
Steven Fay **Manager** 0424 995 272
 Rod Marton
 Roger Steinkrug
 Rob Parry
 Bernard Brummage
 Sean Edwards

Team 2 North Coast Wannabes

Steve Waterman **Manager** 9447 8861 0428 833 347
 Erle Franklin
 Mike Tindale
 Alex Raszkwajski
 Dean Turner
 Anna Woodhouse
 Rod Tinniswood
 Wilson McNeil
 Sue Fearnley
 Steven Lees
 Tony Highfield
 Julie Saunders
Tarnia Stone

Team 3 North Coast Young Guns

Steve Gleeson **Manager** 9401 1590 0438 411 221
 Bradley Brown
 Christian Dix
 Mike Lori
 Joe Kierath
 Craig Scott
 Jonathon Franklin
 Kenji Nener

Team 4 North Coast Junior Racing

Adele Richards

Jade Turner
Katherine Humphreys
Kate Vernon
Micha Woodhouse
Kimberly Hallett
Ashley Fearnley
Sarah Fearnley
Jack Kierath
Heidi Krause
Dave Norton

Manager/Coach 9246 4886 0431 032 040

Teams 5 & 6 North Coast Plodders A & B (to be sorted as numbers grow)

Denice Rice	(B)	Manager	0417 755 176
Elly Rice	(B)		
Petra Cameron	(A)		
Samantha Jones	(B)		
Tiri Sanderson	(B)		
Sandi Tindale	(A)		
Maria McNeil	(A)	with sure promotion to Wannabes whenever you want	
Derek Woodhouse	(B)		
Gill Humphreys	(B)		
Paul Humphreys	(B)		
Ann Blatchford	(B)		
Sean Neary	(A)		

What is Cyclo Sportif?

Cyclo Sportif is a new Club for serious recreational cyclists looking for knowledge, fun and riding challenges to improve fitness levels and cycling capability in an organised, friendly and safe event environment. Cyclo Sportif offers this by providing members with "timed team participation" and "GranFondo" style individual events.

Some key membership benefits include:

- < Opportunity to ride in European-style mass participation events that provide fun, fitness and challenges,
- < Opportunity to participate in events that introduce members to elite level race courses using the principle of "timed team participation" and "Grand Fondo" style individual events,
- < Access to skills training and personal and team coaching,
- < [Personal insurance protection](#) and licensing through Cycling Australia,
- < Access to expert technical advice, bike fittings, repairs and service, clothing and equipment through recognised local retailers,
- < plus many, many more.

Organised

Cyclo Sportif provides members with Council approved, WACF sanctioned and marshalled event routes. Additionally, through the Club's affiliation with Cycling Australia and Cycling WA, membership includes a level of personal insurance and public liability cover whilst training and during events.

Events

We typically provide for two distances for each event being an "A Distance" which is typically 80km and a "B Distance" which is around 40km. Excellent for male, female, able-bodied and disabled participants, Cyclo Sportif membership has something for everyone who is serious about cycling as a recreational and healthy lifestyle activity.

Chapters & Teams

The club comprises 'Chapters' which can be registered by your local riding group, friends, cafe, bike shop, gym or office. Chapters comprise 'teams' of up to nine and a minimum of five riders with the last rider's time counting as the 'team time'. But this is not racing - it is just enjoying a challenge with your friends and it's about 'participating' not 'winning'. Teams can be made up of any 'like' group e.g. road bikes, hand cycles, mountain bikes, all women, and all seniors. Only the equipment has to be the same throughout the group!

To register a new Chapter and Team please contact our Event Manager. If you are not part of a Chapter or Team then you can still participate in our Events by entering the event as an Individual. We will place you in one of the Cyclo Sportif Teams for the day and attempt to connect you with another Chapter. You can also contact one of the various Teams. Seven annual events are planned each year plus the opportunity to participate in your Teams in the Freeway Bike Hike and City of Perth Great Bike Ride

TRYSTARS NEWS:

THIS IS THE LAST TRYSTARS NEWS FOR THIS SEASON!!

I will contact you all when we start afresh in the new season after the beginning of July. We intend to continue to improve the program, so we hope you will all be back to join in the fun. Enjoy your winter sport, keep safe and see you next season!!

HAPPY BIRTHDAY TO:

Georgina Jones (11) and Tegan Scott (11) who both have their birthdays this week. We hope you have a great day.

END OF SEASON PARTY:

Thank you to all who helped with the end of season party. It was a shame we could not hold our last triathlon due to the weather, but hope you enjoyed the fun in the pool!!

Special mention was made of some of the TRYstars who have been with the club for a long time and/or attended lots of sessions. This is a more accurate list, apologies if we missed your name off on Saturday:

FIRST NAME	SURNAME	NO. OF SESSIONS THIS SEASON	TOTAL NUMBER OF SESSIONS EVER	NO. OF YEARS
ALEX	BLACK	25	40	3
CARLY	SCOTT	24	48	3
JOHN	PAOLO	22	22	1
JAMES	GIOVINAZZO	22	38	3
GEORGINA	JONES	22	35	2
BLAKE	HOULAHAN	21	38	2
BAILEY	KELLY	20	38	2
RILEY	HOULAHAN	20	37	2
INDIA	JOYCE	20	20	1
TEGAN	SCOTT	19	43	3
DANNY	JONES	17	17	1
MARK	MCCOACH	17	17	1
BAILEY	EDWARDS	17	17	1
LILI	ROGERS	17	17	1
LIAM	MCCOACH	17	41	3
KAITLYN	ILLINGWORTH	16	16	1
GEORGIA	ALFORD*	16	38	4
BEN	BRUMMAGE	15	15	1
BROOKE	QUICK	15	15	1
JESSE	VAUGHAN	15	15	1
ADAM	MORRIS	12	36	4
BEN	WALTON	8	39	4
THOMAS	MEDLAND*	7	20	4

FEEDBACK FROM TRYSTAR FAMILIES:

Rather than send out a questionnaire on the season, we would appreciate any feedback of how we might do things better. We will be planning the next season over the coming months and your input would be very valuable. Talk to your TRYstars and find out what they liked and what they did not like. The kids will tell it to us straight and that is what we need to hear. The program is all about providing them with fun sessions where they learn the skills of triathlon. If any TRYstars would like to write me a report for What's Happening on what it is like to be a TRYstar that would be really good as well.

THANK YOU TO ALL WHO MAKE IT HAPPEN:

I would like to thank:

- ✓ all our coaches, Jodie, Kate, Roberta and Jon
- ✓ my right hand lady, Linda with her band of helpers
- ✓ All parents who help to make TRYstars happen and give us a helping hand when they are needed.

Without you all we would not be able to run such a great program. Have a great break and come back with renewed energy next season – we know the TRYstars will!!

NORTH COAST TRYSTAR WEBSITE:

Go to www.northcoastriclub.org.au and click on TRYstars

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.

CONGRATULATIONS TO JACK NEARY:

Jack won a Bronze medal at the National Surf Life Saving Champs last week in the under 15 – 2k run. Great effort Jack!!

JUNIOR TRAINING RIDES:

Saturday morning Junior Rides – Contact Ann (0403 114 677 or ann@blatchfords.org.uk) if you are interested in joining in.

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?

CAUTION: Participating in the sport of triathlon and NCTC may cause radiant health and spiritual well-being.

< **Tri-ing not to think about the Swim?**

I first decided I was going to "do" a triathlon in 1994. It wasn't until 13 years later, in 2007 that I actually did. Why did it take me 13 years to get to the starting line? The swim!

<http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=1422>

< **3 Great Marathon Predictor Workouts**

by Greg McMillan, M.S.

<http://www.mcmillanrunning.com/marathonpredictors.htm>

< **ST PETES MAD DOGS TRI CLUB**

Founded in November of 1993 in St. Petersburg, Florida, the Mad Dogs have quickly grown from 20 local members, to over 1500, from all over the world, in a few short years.

<http://www.stpetemaddogs.com/>

< **Welcome to Hudson Valley Triathlon Club**

These are exciting times for our sport and HVTC is here to see that you enjoy every moment. I'd like to invite you to swim with us at beautiful Wilson State Park, bike around the Ashokan Reservoir and run through the inspiring Catskill Mountains. I guarantee you'll be hooked and pleading for more.

<http://www.hvtc.net/>

< **Triathlon CLUB OF SAN DIEGO :: Beginner's Corner ::**

<http://www.triclubsandiego.org/training/beginners>

< **Vernay defends Ironman title**

<http://www.foxsports.com.au/story/0.8659.23493266-23218.00.html>

< **Port Macquarie Triathlon Club**

<http://www.portmactriclub.com.au/>

< **Chrissie Wellington's Course Record Outduels Kate Major for Ironman Oz Title**

Patrick Vernay takes second straight win at Port Macquarie

By Timothy Carlson, senior correspondent

Posted Apr. 6, 2008

<http://www.insidetriathlon.com/article/70940/chrissie-wellington%26rsquo%3Bs-course-record-outduels-kate>

< **Mitch Anderson reports in from IMA**

<http://www.firstoffthebike.com/races/3-races/154-mitch-anderson-report>

< **Former Olympian Neil Brooks finishes his first Mooloolaba triathlon**

<http://www.thedaily.com.au/photos/galleries/mooloolaba-triathlon/>

ALL THE WAY TO THE TOP

Marjorie Jackson

'Until somehow or other,' she recalled..... 'They'd raised enough money to build me a cinder track.'

The materials were bought, and with the help of that other great Australian institution – the good old Saturday morning working bee – the track was built under the supervision of the local council. 'There wasn't enough money left over to build lights, so every night after I finished work I had to train by the headlights of Mr Monaghan's car,' Jackson said. On and on, into the night, through all weather, training away and getting faster and better, by the light of the headlights and the sound of a relentless coach who kept pushing her hard. Dreaming of Helsinki. Dreaming, dreaming...

And it was somewhere over The Dreaming, up Northern Territory way, flying to Helsinki with the rest of the Olympic team, that something significant happened to Marjorie Jackson. 'We were all sitting there quietly, no-one knew anyone else – and in those days you didn't speak to anybody else unless you'd first been introduced – when the boxing manager stood up and said, "This is ridiculous, we're going away for two months as a team, and no-one is speaking to each other"' Jackson recalls. 'So he made us all move around the plane and mingle and introduce ourselves and this fellow came up to me and said he was a cyclist and his name was Peter Nelson.' A lithe and lively fellow, he seemed to be looking rather warmly at her for some reason. Matter of fact, Marj Jackson rather liked the cut of his jib, too...

And now, here she was. At last, at the starting line of the Olympic 100 metres final. There still no way out, nothing else to do but knuckle down and run. Back home in Lithgow, she knew, it was 3am, and her parents were sitting in their living room with most of the neighbourhood and three short-wave radios trying to pick up the feint and far-away signal.

She put her blocks down at the start – the same wooden ones her dad had made for her in his backyard shed - and made ready to rumble.

Ready....

'I was still nervous and shaking as I put my fingers on the starting line,' Jackson said. 'But I kept saying to myself, "I'm as good as they are until they prove otherwise."'

Set....

'I was really conscious that I didn't want to jump the gun in my nervousness.'

Go..... - Like the clappers

'I just ran. I forgot all my nervousness and just ran. I focussed on the white tape and ran towards it as fast as my legs could carry me.'

Which was pretty fast.....? (More next week).

In reproducing this story, acknowledgement is made to Peter FitzSimons and his book 'Great Australian Sports Champions.'

In reproducing this story, acknowledgement is made to Peter FitzSimons and his book 'Great Australian Sports Champions.'

LAUGH ALONG WITH "SJ"

A tandem rider is stopped by a police car.

"What've I done, officer?" asks the rider.

"Perhaps you didn't notice sir, but your wife fell off your bike a kilometre back . . ."

"Oh, thank goodness for that," says the rider - "I thought I'd gone deaf!"

Jack and Jill have just climbed Redhill, one of the steepest climbs of the Death Valley Ride, on their tandem.

"Phew, that was a tough climb" said Jack, leaning over, breathing hard. "That climb was so hard, and we were going so slow, I thought we were never going to make it."

"Yeah, good thing I kept the brakes on," said Jill, "or we'd have slid all the way back down!"

###

Some members of a health club were having their first meeting. The director of the group said, "Now, I'd like each of you to give the facts of your daily routine."

Several people spoke, admitting their excesses, and then one obviously overweight member said, "I eat moderately, I drink moderately, and I exercise frequently."

"Hmm?" said the manager. "And are you sure you having nothing else to add?"

"Well, yes," said the member. "I lie extensively."

It does not matter how slowly you go so long as you do not stop. —Confucius

DATES FOR YOUR DIARY

North Coast Multi Events Calendar 2008

Date	Day	Time	Event	Location	Type	More Details
April						
20th	Sun	am	Cyclo " Sfida di Chidlow"	Chidlow	CYC	Caffissimo Sfida di Chidlow
May						
3rd	Sat	am	Half IM	Busselton	TRI	http://www.trievents.com.au/
18th	Sun	am	Cyclo "Toodyay Randonneur"	Toodyay	CYC	Central Systems Toodyay Randonneur
June						
29th	Sun	am	Cyclo "Cicli a Swan Valley"	Swan Valley	CYC	Plan B Wealth Cicli a Swan Valley
July						
August						
3rd	Sun	am	Peletons de Pinjarra	Pinjarra	CYC	Worley Parsons Pelotons de Pinjarra
September						
13-14			"York Gran Fondo"	York	CYC	Macquarie Bank Sur le Rivet à York Gran Fondo
October						
November						
2nd	Sun		Anaconda Adventure Race	Dunsborough	ADV	http://www.rapidascent.com.au/
23rd			Great Perth Bike Ride	Perth	CYC	Great Perth Bike Ride
December						
7th	Sun	am	Ironman WA	Busselton	TRI	
OW	Open Water Swim Thru					
AOA	Aquathlon					
TRI	Triathlon					
TRA	North Coast Training Activity					
CYC	Cycling event suitable for all					
SOC	Club Social Event					
ADV	Adventure Race					

NOTICE BOARD

1. **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.



2. **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*******

RAISE MONEY WHEN YOU BUY COMPUTERS OR ACCESSORIES

It should be noted that Tony and Elaine have already donated \$1000.00 to the State Schools Team fundraiser kitty



North Coast Tri Club
State Schools Team
Junior Fundraiser



Zeus Consultancy

Tony and Elaine Highfield from Zeus Consultancy can supply all your computer/ technology needs.
Please contact us so that we can source quality items at the best prices for you.

We are resellers of hardware including:

- | | | |
|-------------------------------|--|-------------------------|
| ✓ Hard Disks | ✓ Digital Cameras | ✓ Printers and Scanners |
| ✓ CD/DVD Drives/Burners | ✓ Monitors and projectors | ✓ USB Devices |
| ✓ Routers and network devices | ✓ Ergonomic accessories e.g. notebook stands, mice | ✓ Cables |
| ✓ Headphones, microphones... | | ✓ ... |

We are also resellers of the following software:

- Microsoft and Oracle products
- PL/SQL Developer by Allround Automations www.allroundautomations.com
- Zone Alarm - Internet Security (Firewall, Anti-Virus, Anti-Spyware etc) www.zonealarm.com
- MOVAVI- video conversion and editing suite www.movavi.com
- MicroAngelo - Icon Editing Software <http://www.eclipsit.com>
- BEYOND COMPARE@- advanced file/folder comparison Windows utility. www.scootersoftware.com
- ...

Computer technical support, network installation and troubleshooting are also available.

From March 7th - April 7th 2008 we will donate \$5 for every \$100 spent by North Coast members towards the North Coast State Schools team members in the 2008 National Championship.

tony@zeusweb.com / 9381 5747

elaine@zeusweb.com / 9381 3747

www.zeusweb.com

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 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 continue to be mailed until the end of December of each year. If you have any queries or require cancellation advice earlier.

David Norton

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