

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 16/2008

NEW POSTS

week commencing 14th April

North Coasters achieve at TriEvents awards Function

Point Walter Tri Results

Rides this Saturday – 3 starting at 6.00am & 1 starting at 5.30am (Muchea – by popular demand)

Hail Kimbo – what a Gal

North Coast Half IM Teams so far

Bits & Pieces – “The BELLE of the ball”

Want inspiration? – Read part 3

Let's go Cy-~~HOW TO JOIN~~rtif

What's Cobke Johns www?

Laugh with S - J

Some Dates to Remember

Notice Board – **Helmet for sale, Baby car seat needed, Club Water Bottles for sale.**

ONGOING POSTS

Best Supporter Prize – Half IM

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~~ v

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*******

NORTH COASTERS ACHIEVE AT TRIEVENTS AWARDS FUNCTION

MEDAL WINNERS

PURSUIT

Open Male

3rd Place . Lajos Varga (60 Points)

Open Female

2nd Place . Dannielle Cousins (45 Points)

Junior Male 15-19

2nd Place . Steven Gleeson (51 Points +4.58 Mins)

Junior Female 15-19

2nd Place . Adele Richards

Male 20-24

2nd Place . Jason Bresanello (57 Points)

Male 25-29

Female 30-34

3rd Place . Tracey Edwards (33 Points)

Male 30-34

2nd Place . Robert Parry (43 Points)

Male 35-39

2nd Place . Leigh Willison (70 Points)

Female 40-44

2nd Place . Susan Scott (60 Points)

Male 45-49

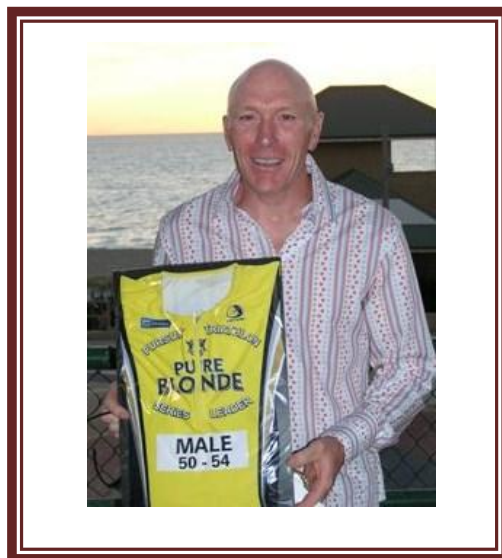
3rd Place . Barry Silverlock (26 Points)

Male 50-54

1st Place . Alan Nicholls (80 Points Clean Sweep)

3rd Place . Roger Hales (50 Points)

Male 65-69



2nd Place Chris Limb

ENTICER

Female 12-13

2nd Place . Tiffany Illingworth (45 Points)

Male 14-15

1st Place . Craig Scott (67 Points)

2nd Place . Jonathon Franklin (54 Points)

Female 20-29

1st Place . Renee Noakes (47 Points)

Male 40-49

3rd Place . Lee Scott

Female 40-49

1st Place . Lindsay Richards (41 Points)



POINT WALTER TRI RESULTS

North Coasters that raced

| Time | Name | | Cat | Cat Pos | Gen Pos | Swim | Pos | Cycle | Pos | Run | Pos |
|---------|--------------|-----------|--------|---------|---------|---------|-----|---------|-----|---------|-----|
| 2:06:38 | WILLISON, | Leigh | M30-39 | 1 | 2 | 0:22:21 | 11 | 1:05:28 | 3 | 0:38:47 | 12 |
| 2:11:35 | ROBERTS, | Michael | M30-39 | 8 | 12 | 0:22:29 | 18 | 1:05:47 | 4 | 0:43:18 | 51 |
| 2:14:32 | WESLEY, | Dale | M40-49 | 7 | 19 | 0:23:20 | 30 | 1:10:04 | 30 | 0:41:06 | 26 |
| 2:15:03 | STEINKRUG, | Roger | M30-39 | 11 | 21 | 0:22:25 | 17 | | 237 | | |
| 2:18:18 | COUSINS, | Dannielle | F Open | 1 | 3 | 0:22:29 | 19 | 1:12:23 | 54 | 0:43:24 | 54 |
| 2:22:22 | KLIMCZYK, | Marek | M40-49 | 14 | 58 | 0:32:17 | 213 | 1:08:03 | 17 | 0:42:00 | 42 |
| 2:22:52 | LOWELL, | Martin | M30-39 | 29 | 62 | 0:27:17 | 123 | 1:10:55 | 38 | 0:44:39 | 82 |
| 2:23:52 | SCOTT, | Robyn | F40-49 | 2 | 8 | 0:22:41 | 21 | 1:14:40 | 88 | 0:46:29 | 105 |
| 2:24:49 | BIRD, | Steve | M30-39 | 34 | 73 | | 233 | 0:49:36 | 153 | | |
| 2:25:37 | GRASSICK, | Keith | M30-39 | 35 | 77 | 0:24:15 | 44 | 1:15:07 | 93 | 0:46:13 | 102 |
| 2:28:36 | WILLIAMS, | Murray | M40-49 | 19 | 85 | 0:25:24 | 74 | 1:14:51 | 91 | 0:48:19 | 130 |
| 2:31:32 | KUMLEBEN, | Pips | F40-49 | 5 | 17 | 0:27:32 | 129 | 1:15:08 | 95 | 0:48:50 | 140 |
| 2:34:34 | KING, | Stuart | M40-49 | 34 | 116 | 0:28:22 | 143 | 1:13:24 | 67 | 0:52:45 | 191 |
| 2:34:52 | GRIFFITHS, | Darrin | M30-39 | 50 | 119 | 0:28:33 | 150 | 1:22:05 | 175 | 0:44:12 | 72 |
| 2:37:18 | FAY, | Steven | M30-39 | 55 | 131 | 0:31:20 | 201 | 1:18:44 | 146 | 0:47:12 | 117 |
| 2:40:12 | SPURGEON, | Leila | F20-29 | 13 | 35 | 0:26:27 | 103 | 1:17:46 | 129 | 0:55:57 | 212 |
| 2:40:41 | DUNLOP, | Dallas | M30-39 | 57 | 140 | 0:28:22 | 144 | 1:21:20 | 169 | 0:50:57 | 170 |
| 2:40:54 | HOFFMANN, | Mark | M40-49 | 43 | 141 | 0:32:27 | 214 | 1:19:41 | 155 | 0:48:44 | 139 |
| 2:50:43 | LONGDEN, | Fiona | F40-49 | 12 | 53 | 0:34:42 | 230 | 1:24:15 | 193 | 0:51:45 | 182 |
| 2:59:12 | BRINKWORTH * | Anne | F40-49 | 15 | 64 | 0:31:12 | 200 | 1:32:39 | 223 | 0:55:20 | 205 |

* Secondary Member

Sorry no short Course results were published by the organizers.

FROM THE CYCLE SURGERY - RIDES THIS SATURDAY

There will be 4 rides on Saturday . 3 leaving at 6.00am from the bike shop: One Half IM group will be doing the Two Rocks ride & by popular demand we will also be doing a 4th ride which will be **Muchea** . this group will meet at McCafe Joondalup at 5.30am 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 with your running gear. At the end of the ride it will be straight to McCafe off the bike and on to a 5km run and then.... finally the coffee.

Barry will be organizing group 1 to Two Rocks. Al will organize groups 2 & 3 and Dave Norton will organizing group 4 to Muehea.

KIMBO GETS RECOGNIZED

Trievents has built a proud association with the NCTC over the past three seasons; a c q • Á à ^ ^ } Á æ Á] | ^ æ • ~ | ^ Á c [Á events. The contribution of the North Coast volunteers at registration and on the course has played a great role in enabling us to deliver quality well managed events. In most sports clubs and associations the bulk of the volunteer work is largely left to a few individuals who give of their time freely for the greater cause of the sport. Trievents would like to particularly thank Kim Tyler Lees for her contribution to our events this year. Her work to coordinate the volunteers, sausage sizzles, race belt manufacturing and sales has been nothing short of magnificent. We understand that the funds generated from various club activities raised over \$17,000 for the P [! c @Á Ô [æ • c Á { ^ { à ^ ! • Á [~ Á c @ ^ Á Ü c æ c á [~ à c Á c @æc Á , á c @ [efforts at Sea Fundraising might not ! @æç ^ Á à ^ ^ } Á æ • Á } ^ æ ! | ^ Á æ • Á • ~ & ^ • • ~ everybody who competed in a Trievents race this year owns six North Coast race belts!!! Kim can be very persuasive at times.

Thanks gain to all of t@^ Á P [! c @Á Ô [æ • c Á V [á Á Ô assisted us throughout the season; we look forward to continuing the relationship next year and to raising valuable funds for c [{ [! ! [, q • Á & @æ {] á [] • É Á

Dave Budge
Event Director
Trievents



HALF IM TEAMS POST

If you would like to form a team or be available to help make up a new team, please announce the details of what you want here, by sending them to the editor at nortondo@bigpond.com

James Harris (Club swim coach extraordinaire) is looking to make up a team for the Half – any takers. James will do the swim (of course) – so NEEDED 1 x cyclist & 1 x runner. Contact Kim Tyler-Lees if you are interested 9300 4946. Entries close this Friday. so make up your mind quickly

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

We already have

- | | | |
|--|----------------------------|---------------------------|
| < %ú] ~ } * Á Ó @ [[\ • Sue Fearnley | Jade Domican (ride) | Lindsay Richards (run) |
| < %oÖ [: Á æ } + Á Denice Rice (swim), | Sarah-Jane Brummage (ride) | Jane Jennings (run) |
| < %oÖ ^ æ c Á c @ ^ Á Ó ^ • c Sarah-Jane Brummage (swim) | Maria McNeil (ride) | Sandi Tindale (run) |
| < %oÖ ã • ç æ æ c ã } * + Á Nicole Klemm (swim), | Donna Ebert (ride) | Michelle Goodridge (run). |
| < %hreecandotwo+ Nicky Rogers (swim), | Tracy Ober (ride) | Mike Wren (run) |
| < %T V T + Á Ç T ã Mike Á V Mike Wren (swim) | Will Vagnoni (Bike) | Helen Vagnoni (Run) |
| < %Ü [[{ Á Ø [! Á Q {] ! Travis (Swim) c + | Julia Skleryk (Bike) | Julie Carnelley (Run) |
| < ACE (Aust-Can-Eng) Nae Over (Swim) | Dean Turner (Bike) | Phil Lori (Run) |
| < TMM Wade Kelly (Swim) | Chris Roberts (Bike) | Hayley Norton (Run) |
| < Beauties & The Beast Jessica Watkins (Swim) | | |

Any others?

BITS & PIECES



Look who went with who to the "Ball"

3. 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 database). 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.
4. Send the completed Application Form to Dan Fogarty, Treasurer, Cyclo Sportif Club of Australia Inc. PO Box 8164, Subiaco East WA 6008.

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 off the lists - if you want to ride contact Dave Norton on 0431 032 040 or norton@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 |
|-----------|---|-----------------|------------|
| 20 Apr | Caffissimo Sfida di Chidlow | Chidlow | Team |
| 18 May | Central Systems Toodyay Randonneur | Toodyay | Team |
| 29 Jun | Plan B Wealth Cikli a Swan Valley | Swan Valley | Team |
| 3 Aug | Worley Parsons Pelotons de Pinjarra | Pinjarra | Team |
| 13-14 Sep | Macquarie Bank Sur le Rivet á 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
Chris Roberts

Team 2 North Coast Wannabes

Steve Waterman **Manager** 9447 8861 0428 833 347
 Erle Franklin
 Mike Tindale
 Alex Raszkawajski
 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

Y ^ Á c ^] ā & æ | ^ Á] [ç ā ā ^ Á ~ [! Á c , [Á ā ā • c æ } & ^ • Á ~ [! Á ^ æ & @ Á ^ ç ^ } c Á à ^ is around 40km. Excellent • c a 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

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

- < **Paul Anthony Matthews Professional triathlete**

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

- < **Brad Kahlefeldt**

<http://www.firstoffthebike.com/audio/bradk.mp3>



Eyes Wide Open Images

Brad Kahlefeldt is a man on a mission. At the end of 2007 Kahlefeldt was in hospital watching his Olympic dream fade rapidly. Ten weeks later and he's a man in form, and after another podium finish at last weekend's ITU race in Mooloolaba, he's now getting into the best form of his life. In the lead up to Beijing, Brad Kahlefeldt should be considered a real medal prospect.

Javier Gomez imperious, Emma Moffat looking good for Beijing

Press Release: Triathlon New Zealand.



<http://www.triupdate.co.nz/2008/04/javier-gomez-imperious-emma-moffat.html>

< **Ford Ironman World Championship 70.3 NBC Preview**

http://www.youtube.com/watch?v=JP_C0vqOYwY

< **Finding Motivation**

By: Steve Brown

I see it now with many first timers. And I'm a tad jealous of their enthusiasm. But I've been there and done that. And after 4 IM's and 13 marathons, I don't quite have the same reckless abandon training philosophy. For a little while that really bothered me. Was I losing my passion? My drive? My edge? The thought of that scared the hell out of me because this stuff has become such an important part of who I am.

< **Train Hard**

Rest Harder

Race Smart

Make Memories

Have Fun

and Thank the Volunteers.

<http://www.transitiontimes.com/2008/viewstory.cfm?ID=4017>

< **Super Grovers : PORT MAC 2008**

<http://www.youtube.com/watch?v=ytPJHVY7mH8>

< **Tribute to triathlons/ironman**

<http://www.youtube.com/watch?v=J0siFfZltwY>

< **The Mental Edge**

<http://www.tritalk.co.uk/training/thementaledge.php>

< **Fuelling up for going long : Avoiding the bike-run bonk**

By Matt Fitzgerald

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

< **The RAB-Fit B-Day Challenge (The Only Entry Fee is celebrating your B-Day!)**

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

LAUGH ALONG WITH "SJ"

Q. Do you know what is the hardest part of learning to ride a bike?

A. The pavement.

**

You know you are a triathlete:

When you not only eat gels, but you know the best flavours of every brand.

When you consider pasta a food group.

When the sports drinks are in front of the soda, beer, and juice in your fridge

When you have two eggs, two pieces of toast, a slice of cheese, a glass of juice, and a yogurt for breakfast and are hungry again by 11:00 a.m.

When you drink your least favourite kind of sports drink because you know it is what will be handed out at water stops at your next race and you want your body to be accustomed to it.

When your idea of sightseeing involves visiting the local running store and finding the best place for hill repeats and long runs.

When you get off an 18-hour flight and go for your long run because a) you need to stretch your legs, b) you want to see the city/country, and c) you have an already scheduled run.

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He who is not courageous enough to take risks will accomplish nothing in life.
Muhammad Ali

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."
~Frank Sinatra

WARNING: The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than you are.
people

~~~~~  
"When I read about the evils of drinking, I gave up reading."  
~Henny Youngman

WARNING: The consumption of alcohol may lead you to think people are laughing WITH you  
"24 hours in a day, 24 beers in a case. Coincidence? I think not."  
~ Stephen Wright

WARNING: The consumption of alcohol may cause you to think you can sing.  
~~~~~

"When we drink, we get drunk. When we get drunk, we fall asleep. When we fall asleep, we commit no sin. When we commit no sin, we go to heaven. So, let's all get drunk and go to heaven!"
~ Brian O'Rourke

WARNING: The consumption of alcohol may cause pregnancy.

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 | | | | | |
| AQA | Aquathlon | | | | | |
| TRI | Triathlon | | | | | |
| TRA | North Coast Triathlon Activity | | | | | |
| CYC | Cycling event suitable for all | | | | | |
| SOC | Club Social Event | | | | | |
| ADV | Adventure Race | | | | | |

NOTICE BOARD

- FOR SALE helmet** - LAS Cronometro Aero TT helmet, silver/white. One size adjustable, incl tinted and orange lens and bag. Brand new, never used \$220.00. Contact Brad Hosking
Bradson@aapt.Net.Au Hm 94011904 Wk 92449577 Mob 0407944004
- Wanted**
Oæà 7car seat wanted for once a week use does not have to be pretty but needs to be in good working order. For disabled boy I will be taking swimming once a week. Child is 12 kg and 2 ½ years old.

Needs to be cheap or free. Kim 93004946 or 0419025881
- 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.



- 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*******

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!!!!!!

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 thro' * @Á %oY @æc q † Á # æ]

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 . { æ! \ Á ^ [~ | Á ^ } ç ^ | [† ÉÁ %oÔ | ~ à Á ÿ ^ æ! : à [[\

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.
A L ' s C y c l e S h o p , 99 C a r i g l e a n S t H e a t h r i d g e



Development Rides

For those who have just joined the club and/or who do not feel ready to tackle the group rides out of CE| q • Á Ô ^ & | the life 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 ã • Á c @ ^ Á Ô | ~ à Á %oã . ^ f q ^ | [] 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

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