

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 17/2008**

### **NEW POSTS**

week commencing 21st April

Thursday night run training – last session for the season  
Point Walter Sprint Results  
Rides this Saturday – 3 starting at 6.00am – NO HALF IM specific ride.  
North Coast Half IM Teams 18 so far  
Member Profile is back – married 41 years  
Want inspiration? – Read final part  
What's Cooke..ing in John's 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**

Let's go Cyclo Sportif - HOW TO JOIN  
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 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](mailto:nortondo@bigpond.com)**

## **\*\*\*\*\*NEW POSTS\*\*\*\*\***

### **THURSDAY NIGHT RUNNING TRAINING**

There is only a week and a bit until the last race of the season at Busselton, which means this week is the last run training session for the year. The last two weeks have been brutal sessions as everyone has made their final preparations for the Half Ironman, but this week will be a bit easier as we start our taper for Busselton. So everyone who is competing at Busselton, or just enjoys keeping fit, should come along and enjoy this final session.

(Well done Kim for your much appreciated and dedicated run sessions. Those members that attended are much the better for them and members that never showed will move on wondering what they missed. ED)

### **POINT WALTER TRI RESULTS SPRINT**

**North Coasters that raced**

**Sports Performance Point Walter Tri Sprint 6/4/2008**

Race Pos	Race Tm	Name	Name	Cat	Cat Pos	Gen Pos	Swim Tm	Swim Pos	Cycle Tm	Cycle Pos	Run Tm	Run Pos
2	1:02:38	GLEESON,	Steven	M14-19	2	2	0:08:00	16	0:36:01	6	0:18:35	1
17	1:09:47	SCOTT,	Craig	M14-19	5	15	0:07:44	7	0:37:39	10	0:24:22	44
29	1:11:53	HUMPHREYS,	Katherine	F14-19	3	8	0:08:05	22	0:39:07	17	0:24:38	47
41	1:13:52	RICHARDS,	Adele	F14-19	4	12	0:08:02	18	0:39:17	21	0:26:31	69
52	1:17:17	VAGNONI,	Helen	F40-49	2	16	0:08:59	43	0:42:47	56	0:25:30	54
90	1:26:57	BENT,	Harriet	F14-19	6	36	0:08:39	35	0:46:26	83	0:31:51	101
93	1:27:07	CAMERON,	Petra	F30-39	12	38	0:09:59	72	0:48:14	90	0:28:52	93
107	2:13:44	TEAM SWEET AS	Team	MTeam	4	60	0:04:00	1	1:15:34	107	0:54:08	107

## FROM THE CYCLE SURGERY - RIDES THIS SATURDAY

There will be 3 rides on Saturday – all leaving at 6.00am from the bike shop: The Half IM group will mix in with the other rides as this is taper week but there will still be a run off the bike from McCafe for those that want to – same arrangement as previous weeks.

## HALF IM TEAMS POST

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

### We already have

- |                                     |                        |                      |                         |
|-------------------------------------|------------------------|----------------------|-------------------------|
| • “Sprung Chooks”                   | Sue Fearnley           | Jade Domican         | Lindsay Richards        |
| • “Coz we Can”                      | Denice Rice            | Sarah-Jane Brummage  | Jane Jennings           |
| • “Beat the Best”                   | Sarah-Jane Brummage    | Maria McNeil         | Sandi Tindale           |
| • “Diva-stating”                    | Nicole Klemm           | Donna Ebert          | Michelle Goodridge      |
| • “Threecandotwo”                   | Nicky Rogers           | Tracy Ober           | Mike Wren               |
| • “MTM” (Mike Tracy Mike)           | Mike Wren              | Will Vagnoni         | Helen Vagnoni           |
| • “Room For Improvement”            | Travis                 | Julia Skleryk        | Julie Carnelley         |
| • “ACE” (Aust-Can-Eng)              | Nae Over               | <b>Chris Roberts</b> | <b>Hayley Norton</b>    |
| • <b>“Beauties &amp; The Beast”</b> | <b>Cheree Ebsworth</b> | <b>Roger Shooter</b> | <b>Dave Dunham</b>      |
| • <b>“Fat Dads 6”</b>               | <b>Dave Cooley</b>     | <b>Neil Stummer</b>  | <b>Cormac Gallagher</b> |
| • <b>“Young Guns”</b>               | <b>Micha Woodhouse</b> | <b>Dean Turner</b>   | <b>Phil Lori</b>        |
| • <b>“3 Wise Men”</b>               | <b>Wade Kelly</b>      | <b>Fiona Kierath</b> | <b>Roberta Lori</b>     |
| • <b>“11+”</b>                      | <b>Tess Garside</b>    | <b>Joe Kierath</b>   | <b>Mike Lori</b>        |
| • <b>“Up and Coming”</b>            | <b>Ryan Baillie</b>    | <b>Karen Lowe</b>    | <b>Erika Lori</b>       |
| • <b>Jade Karen &amp; Erika</b>     | <b>Jade Turner</b>     | <b>Tom Kierath</b>   | <b>Andrea Lori</b>      |
| • <b>“Tange”</b>                    | <b>Tom Kierath</b>     | <b>Aaron Johnson</b> | <b>Julie Walters</b>    |
| •                                   | <b>Paula Hanson</b>    | <b>Al Nicolls</b>    | <b>Peter Richards</b>   |
| • <b>“Al’s Cycle Surgery”</b>       | <b>Steve Gleeson</b>   |                      |                         |

Any others?

Look at those Lori’s – 5 competing and all doing the run leg. Can you just visualise all those running shoes lined up on their back veranda!!!

## THE “SWEET ON FITNESS” MEMBER PROFILE - CHRIS LIMB

- What name do you prefer to be to be called? **Chris**
- How long have you been doing Triathlons? **19 years**
- Which of the 3 tri disciplines did you do well at before you decided to try tri? **Run. I started cycling after breaking my leg in a motorcycle accident while at Uni in Adelaide. Then I discovered I had no abdominal strength and ran to counter that, eat what I liked and work my heart & lungs. It was a road to more discoveries. Public runs in the City to Surf, the Marathon Club and 22 Marathons. Along the way a mate said get a pair of goggles and do laps, easy. 173 of them later triathlon is a great motivator.**
- Do you remember your first race? **Yes. 1988 Super Vets (Mends St to Narrows swim, Kings Park ride, River run). A grim swim revealing my susceptibility to panic in the water. 15 years later it took 2 years in Peter Trench’s swim squad to fix me up.**
- Would you mind telling us what age group you race in? **65-69**
- Who are your training partners? **No one. It suits my family time better. I fit training around them.**
- Are you married and bringing up a family? **Meg and I are into our 41st year of marriage on 27th April. Two intelligent and caring children, Justin and Charmaine. Three equally fantastic grand children, Justin’s Ayesha and Zachary, Charmaine’s Matthew.**
- What is your profession? **Retired. I worked for BHP as an engineer when I came to WA from SA in 1967, in Mt Newman Mining. Many more career challenges after that.**
- Do you have a product or service for sale that you would like members to know about? **If they want to manage better, maybe.**
- Do you have any race day superstitions? **I am a fairly careful person and tick all the boxes each race evening. I then I tri as well as I can.**
- What is your ultimate ambition in Triathlon? **20 HIMWA. I completed 20 consecutive Perth Marathons in 1998. 20 Half IMWA by 2011 is still a long way off. They can’t be consecutive because I DNS at Busselton last year.**
- What are the specs of your trusty “steed”? **Merida Extreme for the last 3 seasons. A beautiful little bike I bought second hand from Paul Newsome. Several bikes previous to that.**
- Preferred running shoe? **Brooks**
- Favourite meal the night before a race? **I no longer believe in carbo loading and eat on the course. A modest meal of pasta goes down well the night before. Steak and chips, with salad is nice too.**
- Most embarrassing Childhood or Adulthood Memory? **I have led a sheltered life.**
- Best ever movie you have seen? **13 Days (Kevin Costner), Band of Brothers (Damien Lewis), Rome (Kevin McKidd). They are getting better and better.**
- Three most inspirational people you would like to invite to dinner? **Everybody has a story to tell. I like them all.**
- What words would you like on your epitaph? **I wish I could have left it a better place**
- Do you have a sporting idol? **Casey Stoner, Mark Skaife, Kieran Perkins, Greg Welch. There are some great athletes out there.**



[This profile segment is sponsored by:](#)

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## **ALL THE WAY TO THE TOP**

### **Marjorie Jackson**

And one of those was.....

Peter Nelson. Within a year of returning, she had married him and settled in a town just south of Adelaide where they opened a sports store together. 'It was my dream come true to marry him,' she said. 'Peter was such a wonderful human being and I had no greater wish than to be with him and raise a family together.'

She competed in the Vancouver Empire and Commonwealth Games (1954), where she won another 3 gold medals, but retired after. No amount of pleading from the public, the press or officials could change her mind. 'It was the right decision,' she says. 'When I do anything in my life, I like to commit myself to it 100% or not at all. I had been committed like that to athletics and now it was my marriage. I always knew that athletics was something just for a short time, while my marriage was forever.'

Unfortunately her husband was not.

'After 24 years of wonderful married life together,' she recalls softly, 'and raising our three children, he suddenly fell ill.' 'The doctors said it was leukaemia. He said he would beat it, and I thought he would, but in the end it was obvious he wasn't going to. He asked me to bring him home to die.' I nursed him until he did. I lost him only 10 days after he came home.'

Most of Marjorie Nelson's energies since have been spent in raising money for the Peter Nelson Leukaemia Foundation, which continues research into the illness. It has raised well over \$2 million. She has also been involved with athletics and was the general manager of the last Commonwealth Games team (XV Commonwealth Games - Victoria, Canada).

In the distance a toot toot. Not the ghost of the Lithgow steam train, but an all-to-real taxi outside the door of her Adelaide home.

Airport please.

So that was the Lithgow Flash, who my father once told me all about. A fine woman, a strong presence, a great Australian.

*At the Sydney Olympic Games, Marjorie Jackson-Nelson carried the Olympic flag into Stadium Australia for the opening ceremony. In 2001, she became a Companion of the Order of Australia and in November of the same year became Governor of South Australia.*

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

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

- **Engaged Couple Win Spec-Savers Ironman South Africa 2008**

Bayliss and Comerford win in Port Elizabeth, as reported by Rory Petzer and Deborah Thomas

<http://www.ironmanlive.com/events/ironman/southafrica/bayliss-and-comerford-win-in-port-elizabeth-as-reported-by-rory-petzer-and-deborah-thomas>

- **Olympic disappointment for Pistol Pete**

Posted by: Annie Emmerson

[http://www.tri247.com/article\\_3205\\_Olympic+disappointment+for+Pistol+Pete.html?category](http://www.tri247.com/article_3205_Olympic+disappointment+for+Pistol+Pete.html?category)

- **Simon Whitfield**

<http://www.simonwhitfield.blogspot.com/>

- **Fixing your weakest link:**

*Race faster with a balanced approach by Mark Allen*

[http://www.triathletemag.com/Departments/Training/2007/Fixing\\_your\\_weakest\\_link.htm](http://www.triathletemag.com/Departments/Training/2007/Fixing_your_weakest_link.htm)

- **The Myth of the Fat-burning Zone**



***Integrating weights, interval training and other muscles-building exercises into your workout will pave the way for your body to burn fat.***

***By Rachel Cosgrove, USAT Level 1, CSCS***

***for Active.com***

<http://www.active.com/triathlon/Articles/The-Myth-of-the-Fat-burning-Zone.htm>

- **The Energy World Tour Written by TOI**

**Belgian aims to take part in 15 triathlons in 1 year**

[http://tearsofiron.com/index.php?option=com\\_content&task=view&id=198](http://tearsofiron.com/index.php?option=com_content&task=view&id=198)

- **Another Ironman Scorcher :**

Sabatschus, Granger win inaugural Ironman China under a searing sun

*By Brad Culp* [http://www.triathletemag.com/Departments/Race\\_Coverage/2007/Another\\_Ironman\\_Scorcher.htm](http://www.triathletemag.com/Departments/Race_Coverage/2007/Another_Ironman_Scorcher.htm)

- **Age-group triathlete Jeff Dyment**

Offers his thoughts on training and racing in his regular column on triathletemag.com. (A summary of all the articles by Jeff Dyment on racing and improving your time)

[http://www.triathletemag.com/Departments/Blogs/Take\\_it\\_from\\_an\\_amateur\\_Jeff\\_Dyment.htm](http://www.triathletemag.com/Departments/Blogs/Take_it_from_an_amateur_Jeff_Dyment.htm)

## LAUGH ALONG WITH "SJ"

"Beer is proof that God loves us and wants us to be happy."

~ Benjamin Franklin

WARNING: The consumption of alcohol is a major factor in dancing like a retard.

~~~~~  
"Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza."

~ Dave Barry

WARNING: The consumption of alcohol may cause you to tell your friends over and over again that you love them

To some it's a six-pack, to me it's a Support Group. Salvation in a can!  
 ~ Dave Howell

WARNING: The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

And saving the best for last, as explained by Cliff Clavin of Cheers.  
 One afternoon at Cheers, Cliff Clavin was explaining the Buffalo Theory to his buddy Norm.  
 Here's how it went:

"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."

WARNING: The consumption of alcohol may make you think you are whispering when you are not

## DATES FOR YOUR DIARY

| North Coast Multi Events Calendar 2008                                                                                                                                                                                                                                                                                                                   |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------|-----------------------------|-------------|------|-----------------------------------------------------------------------------|----|----------------------|-----|-----------|-----|-----------|-----|-------------------------------|-----|--------------------------------|-----|-------------------|
| Date                                                                                                                                                                                                                                                                                                                                                     | Day                            | Time | Event                       | Location    | Type | More Details                                                                |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| May                                                                                                                                                                                                                                                                                                                                                      |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 3rd                                                                                                                                                                                                                                                                                                                                                      | Sat                            | am   | Half IM                     | Busselton   | TRI  | <a href="http://www.trievents.com.au/">http://www.trievents.com.au/</a>     |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 18th                                                                                                                                                                                                                                                                                                                                                     | Sun                            | am   | Cyclo "Toodyay Randonneur"  | Toodyay     | CYC  | <a href="#">Central Systems Toodyay Randonneur</a>                          |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| June                                                                                                                                                                                                                                                                                                                                                     |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 29th                                                                                                                                                                                                                                                                                                                                                     | Sun                            | am   | Cyclo "Cicli a Swan Valley" | Swan Valley | CYC  | <a href="#">Plan B Wealth Cicli a Swan Valley</a>                           |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| July                                                                                                                                                                                                                                                                                                                                                     |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| August                                                                                                                                                                                                                                                                                                                                                   |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 3rd                                                                                                                                                                                                                                                                                                                                                      | Sun                            | am   | Peletons de Pinjarra        | Pinjarra    | CYC  | <a href="#">Worley Parsons Pelotons de Piniarra</a>                         |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| September                                                                                                                                                                                                                                                                                                                                                |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 13-14                                                                                                                                                                                                                                                                                                                                                    |                                |      | "York Gran Fondo"           | York        | CYC  | <a href="#">Macquarie Bank Sur le Rivet à York Gran Fondo</a>               |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| October                                                                                                                                                                                                                                                                                                                                                  |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| November                                                                                                                                                                                                                                                                                                                                                 |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 2nd                                                                                                                                                                                                                                                                                                                                                      | Sun                            |      | Anaconda Adventure Race     | Dunsborough | ADV  | <a href="http://www.rapidascent.com.au/">http://www.rapidascent.com.au/</a> |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 23rd                                                                                                                                                                                                                                                                                                                                                     |                                |      | Great Perth Bike Ride       | Perth       | CYC  | <a href="#">Great Perth Bike Ride</a>                                       |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| December                                                                                                                                                                                                                                                                                                                                                 |                                |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| 7th                                                                                                                                                                                                                                                                                                                                                      | Sun                            | am   | Ironman WA                  | Busselton   | TRI  |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| <table border="1"> <tr> <td>OW</td> <td>Open Water Swim Thru</td> </tr> <tr> <td>AOA</td> <td>Aquathlon</td> </tr> <tr> <td>TRI</td> <td>Triathlon</td> </tr> <tr> <td>TRA</td> <td>North Coast Training Activity</td> </tr> <tr> <td>CYC</td> <td>Cycling event suitable for all</td> </tr> <tr> <td>SOC</td> <td>Club Social Event</td> </tr> </table> |                                |      |                             |             |      |                                                                             | OW | Open Water Swim Thru | AOA | Aquathlon | TRI | Triathlon | TRA | North Coast Training Activity | CYC | Cycling event suitable for all | SOC | Club Social Event |
| OW                                                                                                                                                                                                                                                                                                                                                       | Open Water Swim Thru           |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| AOA                                                                                                                                                                                                                                                                                                                                                      | Aquathlon                      |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| TRI                                                                                                                                                                                                                                                                                                                                                      | Triathlon                      |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| TRA                                                                                                                                                                                                                                                                                                                                                      | North Coast Training Activity  |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| CYC                                                                                                                                                                                                                                                                                                                                                      | Cycling event suitable for all |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |
| SOC                                                                                                                                                                                                                                                                                                                                                      | Club Social Event              |      |                             |             |      |                                                                             |    |                      |     |           |     |           |     |                               |     |                                |     |                   |

## NOTICE BOARD

1. **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

2. **Wanted**

Baby's car 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

3. **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.



4. **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](mailto:nortondo@bigpond.com) if you would like it posted on this electronic mail forum)

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

## 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:

- 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.
- 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 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](mailto: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 |
|------|-------|----------|------------|
|------|-------|----------|------------|

|             |                                                                   |                 |            |
|-------------|-------------------------------------------------------------------|-----------------|------------|
|             |                                                                   |                 |            |
| 18 May      | <a href="#">Central Systems Toodyay Randonneur</a>                | Toodyay         | Team       |
| 29 Jun      | <a href="#">Plan B Wealth Cicli a Swan Valley</a>                 | Swan Valley     | Team       |
| 3 Aug       | <a href="#">Worley Parsons Pelotons de Pinjarra</a>               | Pinjarra        | Team       |
| 13 - 14 Sep | <a href="#">Macquarie Bank Sur le Rivet à York Gran Fondo</a>     | York            | Gran Fondo |
| 19 Oct      | <a href="#">Perth Integrated Health Clinic Pedali a Pickering</a> | Pickering       | Team       |
| 23 Nov      | <a href="#">Great Perth Bike Ride</a>                             | 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 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  
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)  
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

## 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:

- |                               |                                                    |                         |
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| ✓ Hard Disks                  | ✓ Digital Cameras                                  | ✓ Printers and Scanners |
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We are also resellers of the following software:

- |                                                                           |                                                                              |
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| • MOVAVI- video conversion and editing suite                              | <a href="http://www.eclipsit.com">http://www.eclipsit.com</a>                |
| • MicroAngelo - Icon Editing Software                                     | <a href="http://www.scootersoftware.com">www.scootersoftware.com</a>         |
| • BEYOND COMPARE®- advanced file/folder comparison Windows utility.       |                                                                              |
| • ...                                                                     |                                                                              |

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

From March 7<sup>th</sup> – April 7<sup>th</sup> 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](mailto:tony@zeusweb.com) / 9381 5747

[elaine@zeusweb.com](mailto:elaine@zeusweb.com) / 9381 3747

[www.zeusweb.com](http://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 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](mailto:nortondo@bigpond.net.au) (the sender) the bulletin is intended for current North Coast Triathlon Club members (primary & secondary) and their supporters. Non cancellation advice earlier.

**David Norton**

## **This Newsletter is sponsored by – Building Hire Pty Ltd.**

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