

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 18/2008

NEW POSTS

week commencing 28th April

Cyclo Results
Rides this Saturday?
WILL THE NCTC race suits ARRIVE!!!
Local Mum
Busselton Half IM - all the news
Member Profile – the Surgeon
What's Cooke..ing in John's www?
Laugh with S - J
Some Dates to Remember
Notice Board – **Helmet for sale, 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

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

NORTH COAST RESULTS FROM THE CHIDLOW CYCLO SPORTIF

2 laps 58 k

W	North Coast Tri Club	Junior Racing	02:07:36
Bb	North Coast Tri Club	Wannabees	02:12:56

1 lap 29k

Ee	North Coast Tri Club	Plodders	01:21:36
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FROM THE CYCLE SURGERY - RIDES THIS SATURDAY

As things stand there will not be an official ride from the shop on Saturday & the shop will close on Friday at 2pm. So many from the Club will be heading down to Busselton for the weekend so the ranks will be a little skinny, That does not mean that there will be no one riding – if you are keen just turn up at 6.00am as usual and hope that there will be some company.

WILL THE NCTC KIT ARRIVE!!! FROM AL

I have had so many promises from 2XU & to be honest it sounds like they are in the hands of their manufacturer. I would like to make it clear to all club members that I "Al's Cycle Surgery" placed the order with 2XU on the undertaking that we would have the kit at least 3 weeks prior to the 1/2 IM to which they accepted. The importance of this date was stressed on several occasions as we wanted to show off the new kit at probably the major participation triathlon event for NCTC members in WA. As you are all aware we obtained sample kit for sizing & club members made the effort & financial commitment to make this all happen. 2XU still say it will be here to which I have sent them an email whereby I have given them till Tuesday 29th April for the consignment to be in my possession otherwise I have told them they can keep it.

I can only offer my apologies to all members at this stage & will let all members know the final situation by Wednesday 30th April by either email or phone.

Thanks for your understanding - Al

SUZIE'S OFF TO VANCOUVER

SPORT The Times, Tuesday, April 15, 2008



Sue Scott is set for the World Triathlon Championships in Vancouver. Picture: BRUCE HUNT www.comenews.com.au 033263

Triathlon dream for mum

SUE Scott knew there would be plenty of difficulties in her preparation for the World Triathlon Championships in Vancouver later this year.

The Connelly mother-of-two experienced one of those down moments shortly before the *Times* caught up with her last week.

Still shaken after a car forced her off her bike during training last Thursday, she spoke about the excitement of competing against some of the best athletes in the world.

Scott is part of a 300-strong Australian team that will take part in the 2008 championships. She will compete in the 40-44 age group over the grueling Olympic distance - a 1.5km swim, 40km ride and 10km run.

Scott is training six times a week and also works as a physiotherapist and helps look after her two sons.

In her spare time, she coaches up-and-coming triathletes.

Scott said the support of her family enabled her to find enough hours to live her dream.

It is hard to believe but the former gymnast only took up the sport eight years ago.

"I would love to get a medal, but it all comes down to how you perform on the day," she said.

Scott said she had some inside information on the conditions she would face in Vancouver.

The team doctor is also supplying athletes with a program to help them acclimatise to the frigid Canadian conditions.

Where does she expect to make her move in the big race?

"My running is definitely my strongest leg," she said.

The championships are in July.

IT'S HALF TIME AT LAST

The big migration starts this mid week as Triathletes of all shapes, sizes and ability head down to Busselton for the Big Daddy. North Coast has a huge representation with well over 100 participants. Good luck to all, especially those on their first mission. Remember to enjoy yourself – help and encourage your fellow competitors and make it a day to remember for everyone. The cheer squad will be at and around the Club Trailer, so soak up the atmosphere as you race the last event of the season.

- < The club trailer will be down there on the corner of Geography and Scout Roads on the west side of the road – stop by and join the cheer squad.
- < The club will provide free soft drinks and juice for the kids and supporters at the Half Ironman – available at the trailer.
- < And that the BBQ will be there as well for members to cook their BBQ lunch and/or Breakfast.
- < Any accommodation available or any accommodation wanted for Friday and Saturday nights for the Busselton Half? Pass the info to Dave Norton on 0413 032 040
- < Busselton weather forecast, Bureau of Meteorology Warnings & rainfall - <http://www.eldersweather.com.au/local.jsp?lt=aploc&lc=14451>
- < All from Al's Cycles (taking some bits & pieces down), such as nutrition, tubes, tyres etc & will be on hand if anyone has a problem with their bike. Mobile # 0416-865 729
- < Race number belts for sale at the Half Ironman for \$15.00 at registration on Friday (North Coast fundraiser).
- < Look out for your personalized placards on the course.
- < Look who made the Half IM Placards



The "Placard Elves"



The "Elves" at work Placards ready for delivery

< And look who's competing
Individuals

Christopher	Balde	Martin	Lowell
Paul	Bedford	Helen	MacDonald
Steve	Bird	Rodney	Marton
Norm	Black	Richard	Matsinger
Nathalie	Bond	Greg	McCann
Jason	Bresanello	Philip	Monks
Rachel	Bresanello	David	Norton
Ivan	Clare	Chris	O'Brien
John	Cooke	Michael	Parrotte
John	Domican	Robert	Parry
Merredith	Douglas	Fred	Pearce
Dallas	Dunlop	Natalie	Roberts
Tracey	Edwards	Sam	Ross
Steven	Fay	Dianne	Scott
Dyson	Findlay	Robyn	Scott
Rod	Fitzgerald	Mark	Sedgwick
Keith	Grassick	Barry	Silverlock
Darrin	Griffiths	Malcolm	Sligo
Roger	Hales	Todd	Smith
John	Hawkins	Kerrie	Smith
Sean	Hayes	Leila	Spurgeon
Sandra	Herbert	Roger	Steinkrug
Keith	Hickey	Ben	Talbot
Tony	Highfield	Mike	Tindale
Toby	Hill	Lajos	Varga
Mark	Hoffmann	Kim	Vivian
Andrew	Hosgood	Dale	Wesley
Stephen	Jamieson	Nimal	Wickramasinghe

Graham	Joyce	Murray	Williams
Richard	Kelso-Marsh	Leigh	Willison
Pips	Kumleben	Anna	Woodhouse
Robert	Lees	Craig	Wright
Chris	Limb		

Teams

<	"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
<	"Di-svtaating"	Nicole Klemm	Donna Ebert	Michelle Goodridge
<	"Threecandotwo"	Nicky Rogers	Tracy Ober	Mike Wren
<	"MTM" (Mike) Tr	Mike Wren	Will Vagnoni	Helen Vagnoni
<	"Room For Improvement"	Nae Over	Julia Skleryk	Julie Carnelley
<	"ACE" - (An Eng)	Nae Over	Chris Roberts	Hayley Norton
<	"Beauties & Th	Chere Ebsworth	Roger Shooter	Dave Dunham
<	"Fat Dads 6"	Dave Cooley	Neil Stummer	Cormac Gallagher
<	"Young Guns"	Micha Woodhouse	Dean Turner	Phil Lori
<	"3 Wise Men"	Wade Kelly	Fiona Kierath	Roberta Lori
<	"11+"	Tess Garside	Joe Kierath	Mike Lori
<	"Up and Coming"	Ryan Baillie	Karen Lowe	Erika Lori
<	Jade Karen & Erika	Jade Turner	Tom Kierath	Andrea Lori
<	"Tange"	Tom Kierath	Aaron Johnson	Julie Walters
<	"Triads"	Paula Hanson	Al Nicolls	Peter Richards
<	"Al's Cycle S	Steve Gieson		

SWIMMING RECESS

We are having the rest of May off No swimming until 5 June 2008 - From James Harris.

JUNIOR PATHWAYS RAFFLE - GREAT PRIZES

Raffle tickets for the Junior Pathways Squad - Joe Kierath Mike Lori and Brad Brown are selling them. Please support this worthy cause and

just look at the prizes

Contact one of the guys below to buy your ticket.

Bradley	Brown	67 Lacedpe Drive	Sorrento	Scmjbrown@iinet.Net.Au	9448 7762
Joe	Kierath	5 Truro Place	City Beach	Fionaw@mccomb.Org.Au	9385 8565
Michael	Lori	3 Derouen Rise	Sorrento	Bamballam@hotmail.Com	9243 1715

THURSDAY NIGHT RUNNING TRAINING

No more running sessions until next season – Thanks Kim Vivian for running such professional program. Many an athlete will be all the better at the Half t h a n k s effort. (Thank you also to Rob Lees & Dave Norton who took the sessions when Kim was away – strictly following a program that Kim wrote)

THE "SWEET ON FITNESS" MEMBER PROFILE - AL NICHOLLS

- **What name do you prefer to be to be called?** Always been known as Al or Alan if I'm in trouble!! However, I am apparently getting a name as the bike shop owner with attitude, can't imagine how?
- **How long have you been doing Triathlons?** I started tri's when I was 38 after playing soccer since I was 8, I thought 30 years without any bad injuries wasn't bad so I hung up the boots, but I still miss it, especially the changing room banter
- **Which of the 3 tri disciplines did you do well at before you decided to try tri?** I guess my best discipline would have been the bike as I rode to work most days but I never raced. My running was OK about 45min 10K but as for swimming we were as close as Dracula & garlic. As for my achievements, well before tri's I played semi pro soccer & had trials for Spurs but was too small, personally I don't think they liked my ginger locks (yes I know it's hard to believe) I remember some 30years ago seeing an advert in the local paper about a half marathon, so I told

Sue that I was going to have a go at it. Well I did it in Stan Smith tennis shoes & by mile 5 it felt like someone was hack sawing my toes off, but there was no way I was ever going to give in so I limped along like the hunchback of Notre Dame for another 8miles. I finished with both shoes completely red with blood & Sue had to put me in the car as I had totally seized up. As for tri's achievements I have done 4 Olympic Distance World Championships, 2 Duathlon Worlds, and 2 Xterra off-road World Champs & am very proud to have the opportunity to represent Australia in the coming W/C in Vancouver Canada.

- **Do you remember your first race?** Umm my 1st tri, a so called mate convinced me to have a go, I had no idea what a tri was & as soon as he mentioned the word SWIM I just laughed & screamed 400m!!! I could just about manage 25m of breast stroke, I remember taking all sorts of change of clothes between each discipline, but from that very first encounter I have been hooked ever since.
- **Would you mind telling us what age group you race in?** Age group 50-54.
- **Who are your training partners?** Steve pretty boy Gleeson, although I'm starting to get fed up looking at the soles of his shoes as runs away from me.
- **Are you married and bringing up a family?** Married 28 years to Suzie who is also my partner in crime at the bike shop & has been to nearly every soccer match & race I have ever done, unbelievable support. We have 2 daughters, Amy & Sophie, Amy lives here in Perth & the expensive one we left in the UK, No only kidding, I was very proud to give her away earlier this year in a fantastic wedding that Suzie brilliantly organised, we had over 40 people make the journey over from the UK.
- **What is your profession?** Bike shop owner & surrogate father to Steve (butter won't melt in my mouth) Gleeson. Terry & Joy any chance of taking him back????
- **Do you have a product or service for sale that you would like members to know about?** Do I have a product or service for sale? If you don't know by now, what have you been waiting for - come in & see us.
- **Do you have any race day superstitions?** No superstitions but I always try & finish a race without thinking or saying that I could have gone faster if only I had!!! My answer to that is well why didn't you.
- **What is your ultimate ambition in Triathlon?** My ambition is to remain as fit & healthy as possible until I'm old & grey, OK old will do as somehow I missed the grey stage I went straight from ginger to none.
- **What are the specs of your trusty "steed"?** My trusty steeds are the Azzurri Mezzo & Azzurri Pro time trial for racing.
- **Preferred running shoe?** Asics Gel Kayano for training & Asics DS trainer for racing.
- **Favourite meal the night before a race?** I know it goes against all advice but I love a good steak before a race.
- **Best ever movie you have seen?** Best ever movie, that's a tough one, I love Pulp Fiction, Gladiator & movies like rabbit proof fence.
- **Three most inspirational people you would like to invite to dinner?** Muhammad Ali, Robin Williams & my swim coach Grahame Williams because he would remember all the jokes.
- **What words would you like on your epitaph?** My Epitaph? "Just get me out of the water", or "Does my backstroke look ugly now, Grahame".
- **Do you have a sporting idol?** Lance Armstrong, Barry Sheen, Ali & many many more



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

RENEE NOAKES
Sweet on Fitness
Nutritionals You Can Trust



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



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

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

< **Sabatschus & Granger Take The Honours In China : Josh Tinson reviews the inaugural Ironman China**
<http://ironman.com/events/ironman/china/josh-tinson-reviews-the-inaugural-ironman-china?beta=2008>

< **Your Top Beauty Questions Answered : Jeana Durst offers sound advice to lady athletes**
<http://www.ironmanlive.com/training/hersports/jeana-durst-offers-sound-advice-to-lady-athletes>

< **Chrissie Wellingtons Website**
Hi everyone, welcome to my official triathlete and reigning Iron Man World Champion, and I'm a Brit
<http://www.chrissiewellington.org/pages/index.asp>

< **Results-oriented vs. Process-oriented What you can learn from Scott Molina**
Interview By Mike Ricci, D3 Multisport
http://www.triathletemag.com/Departments/Training/2007/Results-oriented_vs_Process-oriented.htm

< **The race report from hell Aaron Kamnetz's ITU Mazatlan recap**
By Aaron Kamnetz
http://www.triathletemag.com/Departments/Features/2007_Features/The_race_report_from_hell.htm

< **Southern California Triathlete Killed in Shark Attack new Written by: Jay Prasuhn**
Date: Fri Apr 25 2008
http://www.slowtwitch.com/News/Southern_California_Triathlete_Killed_in_Shark_Attack_332.html

< **30th Running of Superfrog Triathlon**
Triathlon's original half-iron distance is also the toughest
By Lars Fhttp
<http://www.insidetri.com/article/70950>

< **Kirsten Sweetland : The Diary of a 19 Year Old in Sport**
<http://www.kirstensweetland.blogspot.com/>

< **Joe Bonness: You're never too old to rock and roll, if you're too young to die.**
<http://ironjoe3.triathletesonline.com/?pp=1>

< **For Triathletes, appeal of the ocean overcomes fear of sharks**
By William Lobdell, Los Angeles Times Staff Writer
April 26, 2008
We have a better chance of getting killed driving to the beach. But fear and rational thought are poor companions. As Mitch Thrower, co-owner of Triathlete magazine, says, we've been 100,000 years getting to the top of the food chain. Once we enter the ocean, we give that up.
http://www.latimes.com/news/local/la-mew-lobdell26apr26_0,5800555.story
<http://www.triathletes.com/feature/for-triathletes-appeal-of-the-ocean-overcomes-fear-of-sharks>

LAUGH ALONG WITH "SJ"

[Gender of a Fly](#)



A woman walked into the kitchen to find her husband stalking
around with a fly swatter.
"What are you doing?" She asked.

"Hunting Flies" He responded.
 "Oh. Killing any?" She asked.
 "Yep, 3 males, 2 Females," he replied.



Intrigued, she asked. "How can you tell them apart?"
 He responded, "3 were on a beer can, 2 were on the phone."

A recent study found the average triathlete covers about 900 miles a year.
 Another study found Triathletes drink, on average, 22 gallons of alcohol a year.

That means, on average, Triathletes get about 41 miles to the gallon

Kind of makes you proud, eh !!!!!!!!!!!!!!!

Polish Divorce

A Polish man moved to the USA and married an American girl.

Although his English was far from perfect, and they got along very well.

One day he rushed into a lawyer's office and asked him if he could arrange a divorce for him.

The lawyer said that getting a divorce would depend on the circumstances, and asked him the following questions:

Have you any grounds?

Yes, an acre and half and nice little home.

No, I mean what is the foundation of this case?

It made of concrete.

I don't think you understand. Does either of you have a real grudge?

No, we have carport, and not need one.

I mean. What are your relations like?

All my relations still in Poland .

Is there any infidelity in your marriage?

We have hi-fidelity stereo and good DVD player.

Does your wife beat you up?

No, I always up before her.

Is your wife a nagger?

No, she white.

Why do you want this divorce?

She going to kill me.

What makes you think that?

I got proof.

What kind of proof?

She going to poison me. She buy a bottle at drugstore
 and put on shelf in bathroom. I can read, and it say:

'Polish Remover'

DATES FOR YOUR DIARY

North Coast Tri Events Calendar 2008

Date	Day	Time	Event	Location	Type	More Details
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	Aquathbn					
TRI	Triathlon					
TRA	North Coast Training 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
- 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*******

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.**
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 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.
4. 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

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
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 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
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 dissaacees wñc he asht g p e c a l b g i s g k a n a h A D i " B 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:

- | | | |
|-------------------------------|--|-------------------------|
| ✓ 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 the following rides are happening. These rides go at a gentler pace and will look after those who are a little slower!! Be there at least 5 minutes before with tyres pumped up, spare tube, lights now it is getting darker in the mornings and of course plenty of water. All these rides are for about an hour.

THURSDAY at 6.00am out of the Whitfords Bottle shop (East of the shopping centre). Leader: Dave Norton. This is the opportunity 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 receive cancellation advice earlier.

David Norton

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