

JANUARY NEWS LETTER

Happy New Year!

With the Christmas holidays over we can now all plan the second half of the season with lots of events and activities for our club members to attend, compete and enjoy.

Look out for the February news letter which will be jam packed full of things you will want to be involved in as well as updates on merchandise, club championships and end of season function.

In the meantime see the January training programme and hope to see you all at the free weekly sessions:

- Wednesday 5.45am – Group run – led by Corallea, Wayne & Anton (the punisher)
- Friday 5.30pm – Ying Yang run – led by Mark & Basil
- Sunday 5.30am – Long Ride – led by the Mike (the cranky kiwi)

WHAT'S HAPPENING IN JANUARY?

Training Events to look out for :

- Saturday 12 January 5.30am – Transitions
- Sunday 27 January – Sprint Distance Triathlon

Also keep a look out for some of our Athletes taking part in the 70.3 in Auckland on 20 January. Rumour has it that Jess has some real competition from Dyson seen doing secret training session including windtrainer sets with his race helmet on!?



INTO THE FUTURE

Club Tri Suit

Club Bike Gear

Regular BBQ after ocean swims

Overnight Long Ride – 2 Days, 160ks and overnight stay in B&B in gympie

Kenilworth Farm Ride – Breakfast at a hinterland farm

Mountain Bike Rides

Club Membership Price Structure Changes