

MARCH / APRIL NEWS LETTER

Items in this month's newsletter include:

- Racing in February
- What's Happening in March & April
- Sunshine Coast Club Championships
- Presentation Evening & AGM
- New Membership
- Club Kit
- Equipment Latest
- Guest Club Sponsors

RACING IN FEBRUARY

The February Club Event 70.3 / 35.15 was a great success. We had approximately 60 competitors swim around the island in Noosa Sound Canal, ride out to Cooroy and back and complete the run up and down Noosa Parade.

A long day at the office for all competitors and volunteers. A big thanks to Basil for being Race Director on the day and thanks to the support crew especially the drink station volunteers. Without you the races couldn't happen!

Congratulations to the winners:

- 70.3 - Andrew Tomlin 4:38:45
- 35.15 - Chris Hill 2:21:12

Great event everyone!!

The results and photo gallery of the event can be viewed [here](#).

WHAT'S HAPPENING IN MARCH / APRIL?

Refer to the [March 2013 training Programme](#) and [April 2013 training Programme](#) for details of training sessions. Things to look out for:

- Friday 29 March 7.00am – Ocean Swim – 3k
- Monday 1 April 7.00am – Ocean Swim – 3k
- Monday 1 April 2.00pm – Easter 8k Handicap Run – followed by BBQ and Kids Easter Egg Hunt
- Saturday 6 April 5.30am - Transitions
- Sunday 21 April 5.30am – Club Event – Multi-loop (prep for Hervey Bay Triathlon)

- 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)

BREAKING NEWS – MOOLOOLABA TRIATHLON

Many of our Athletes competed in the Mooloolaba Triathlon on Sunday (17th March 2013). It's was hot but was good to see some smiling faces. Refer below proof of a smiling face!:



SUNDAY LONG RIDES

Long Rides are held every Sunday (unless club event) with Group Leader Mike “Cranky Kiwi” Knauf taking control. Ride will cater for all levels. We might even see Jodi there on day as promised!?



What: Sunday Long Ride

Time: Roll Out 5.30am Summer / 6.00am Winter

Distances: 80k to 100k (option to do half distance so can build up strength / fitness)

PRESENTATION EVENING / AGM

The end of season club presentation evening and annual general meeting is fast approaching. Proposed details are as follows:

- What: Presentation Evening / AGM
- When: Saturday 27th July
- Where: Café LeMonde
- Time: AGM 4pm / Presentation and Drinks 5pm till late

This year event will include 4 awards. The awards being:

AWARD 1 - Athlete of the Year (Best Performer or performance)

AWARD 2 - Club Person of the Year (Most Prestigious Award taking into account racing, training, club event participation and passion for the club and sport)

AWARD 3 - Junior of the Year (Best Performing / committed young person of the year)

AWARD 4 - Goose of the Year (No need for comment !!)

If you would like to nominate a club member for the above award please speak to a committee member or email the club secretary.

MEMBERSHIP FEES 2013 / 2014

Membership fees have been kept to minimum over the last few years. However with increased events, training sessions, social events, equipment and kit this year prices will increase to \$80 for an individual and \$120 for a couple or family.

For your membership fee you will receive the following:

- A monthly newsletter and training programme keeping you up to date with the latest information on the Noosa Triathlon Club.
- 4 club sessions a week (all free) – Run Wed & Fri, Ride Sun, Swim Sun
- Access to 7 further sessions with our club coach Nick Croft
- Professional coaching - the expertise available to the club through highly qualified coaches is highly valued by current members.
- Free entry into all Club Triathlon Events (Av 1 per month)
- Discounts from club sponsors Noosa Aquatic Centre and Le Cyclo Sportif
- A bonus club t-shirt (\$45 cost price)
- The opportunity to volunteer and support the local Triathlon Club and community
- Invites to all club events and social functions
- The potential entry into the famous Noosa Triathlon thanks to our supporters
USM Events
- And the fantastic opportunity to meet new people and make friends for life!

Membership renewals will start in May 2013. Details to follow.
See the club t-shirt below.

EQUIPMENT LATEST - GREG BALL of LECYCLO SPORTIF



Club sponsor and member Greg Ball has kindly agreed to provide an update on the latest equipment available to all those Triathletes looking for those extra few minutes in each

race and training session.

Triathletes love their equipment especially if makes you go faster – even sperm helmets! See the attached article ([LeCycloSportif equipment](#)) for the latest stuff and special offers.

CLUB KIT

Club Kit has been designed including:

- Bike Kit
- Tri-Suit
- Social Shirt (Collar or Non Collar)

The Bike and Tri-suits have been ordered and should available for collection at Le Cyclo Sportif on 3 April 2013.

Social Shirts will be free to as part of next year's membership.

For people who didn't place an order for bike kit and tri-suits, no need to panic as we have ordered additional sets so you can try on and buy at your own convenience.

GUEST SPONSORS

The club has been approach by two companies who provide Triathletes with nutrition and bike fitting services. We thought the club members maybe interested in their product and they will both be providing lucky draw prizes at the next club event. Their details follow:

[DEXTRO ENERGY Sports Nutrition](#)

For performance athletes, a combination of a balanced diet and DEXTRO ENERGY Sports Nutrition products is the ideal solution. This alone can give them the security of knowing that their energy reserves will constantly be replenished, allowing them to increase their performance. Read more [here](#).

[Custom Bike Fit](#)

What is Custom Bike Fit? Custom Bike Fit is a small privately owned business operating on the Sunshine Coast. *What do they do?* Custom Bike Fit has 3 core service offerings:

1. Bike fitting using the Retul 3D Motion Capture System
2. Functional Threshold Power Testing
3. Indoor CompuTrainer Erg Sessions

How would these services benefit me as a triathlete?

1. No other mechanical factor influences your performance on the bike as much as fit. Period! A proper bike fit can correct poor posture, increase power, minimize the risk of injury and greatly improve rider comfort.
2. Functional Threshold Power (FTP) is one of the key factors in your cycling armoury. The bike leg of an Olympic distance triathlon should be ridden at 95-105% of FTP, a Half Ironman at 80-85% of FTP and an Ironman at 68-78% of FTP. An FTP test with Custom Bike Fit will determine both your power (wattage)

and heart rate zones (bpm) at Active Recovery, Endurance, Tempo, Threshold, VO2 Max and Anaerobic Threshold.

3. Incorporating Custom Bike Fit indoor Erg sessions into your current training regime WILL improve your power and speed on the bike whether you're an avid racer or a recreational rider. Training with power provides:
 1. A great means to ensure we train specifically to meet race/event demands
 2. The best tool for quantifying intensity of effort
 3. A way to ensure the most effective use of your limited training time

How much does this cost?

1. A Custom Bike Fit on your existing bike is \$250, the process generally takes around 2hrs
2. An FTP test is \$75, the process takes around 70 minutes
3. Indoor CompuTrainer Erg Sessions are priced at \$25, they are generally 60 to 90 minutes in duration

How do I book a session or find out more? Call Michael on 5446 1595, email setup@custombikefit.com or visit www.custombikefit.com

EASTER MONDAY 8K 'HANDICAP' RUN

What: 8k "handicap" Run

Where: Noosa Lions Park

When: Monday 1st April 2pm

Social: BBQ - BYO Food and Drink. Some Bangers will be provided

Other: Kids Easter Egg Hunt to follow the run. So bring the family!!!

INTO THE FUTURE

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 - 14th April 2013

Mountain Bike Rides

NOOSA TRIATHLON CLUB JUNIORS – KIM BECKINSALE TRIADVENTURE

The Noosa Junior program is in full swing with three sessions per week that are aimed at developing swimming, cycling, running and transition skills for triathlon under the guidance of Coach Kim Beckinsale. We are so lucky to have such great facilities right here on our doorstep, giving our Noosa Juniors so many fantastic and varied training opportunities with sessions at the Noosa Lions Park, Noosa Woods, Noosa Aquatic Centre, Noosa Main Beach as well as the new "Girraween Cycle Track" which we have been using every Thursday morning since October.

Over the holiday period we have had a few new faces join us - Molly, Servella, Milan, and Sophie. Molly is a local girl and the others are visitors from NSW and Brisbane who are like many of the juniors' preparing for State Schools Triathlon and Aquathlon

Championships in February. The following Noosa Triathlon Club athletes have been selected in the Sunshine Coast Regional Team to compete at these championships 15th & 16th February:- Jakarra Brady, Jess Muller, Hope Potter, Cassie Barnes, Indiana Voss, Tiarni Richardson, Brooke Jeynes, Brodie Modini, Bailey Richardson, Kye Etechells, and Casey Brady with Angus Luhrs waiting patiently for a spot in the team as he is currently 1st reserve!

Brodie Modini was recently 6th in the Australian ITU Youth Category at the Scody ITU Race Weekend weekend at Runaway Bay, this was following a remarkable performance at the Australian All-Schools Athletics Championships where he placed 2nd in the 15yrs 1500m.

