

JULY NEWSLETTER

The off season and the cold weather has meant that things have been fairly quiet with the Noosa Tri Club for a month or so. How bloody cold was it this morning!

Put so well by a notorious club member by text message “I’m staying in bed stuff this it’s too cold!”

However don’t think it has been quiet behind the scenes with many new initiatives taking place in preparation for the new season ahead.

We will try and cover all the things you need to know in this month’s Newsletter:

- July Club Event Duathlon
- Sunshine Coast 70.3 Training Camp
- August Club Event 2/60/15
- Junior Sign On Day
- Kids Triathlon / Duathlon
- End of Season Presentation
- Club Awards
- AGM
- Club Membership
- Club Apparel
- Club Sponsors

What else is happening this month? Refer to the [July program](#) for details of July Training Sessions.

JULY CLUB EVENT – DUATHLON 5.5K/15K/5.5K



What: Duathlon 5.5k/15k/5.5k

When: Sunday 20 July 2014

Where: Noosa Lions Park

Time: 6.30am Register. 6.45am start

Register: Registrations open online soon!

SUNSHINE COAST HALF IM TRAINING CAMP



Noosa tri Club members at our August 70.3 camp 1st -3rd (3 days)

There are 8 spots left now for the special club members price of \$220.00 per person. This includes all training sessions and the Nutrition clinic and the (Club training event – 1.9/60/15). Club members will get the breaky we provide post long run Friday and the club catered breaky post training event and the coffee we do at one of our open discussions. The camp is over seen by Nick and Jess from MSC sport and fully supported for the long ride with Vehicle (sag wagon) and nutrition / hydration for the longer ride. There will be ample time to ask individual questions through the 3 days and we have a few open forums / group discussions. Any specific questions can be directed to nick@mscsport.com.au

The Schedule is below:

Friday 1st August

6.00am meet at Noosa Heads Lions Park for 2hr long steady endurance run taking in Noosa National Park and Noosa River along Gympie Tce.

8.15am Breakfast (provided) at the Lions Park and official welcome.

9.30am steady 60km ride over flat terrain – Sunday bike course

12.00-2.00pm break for Lunch – (self-catered)

2.00-3.00pm group discussion / Q and A with coffee at Café Le Monde Hastings Street

3.00-4.00pm Open water swim and Clinic Noosa Main Beach taking in 2km ocean swim

5.30pm Le Cyclo Sportif Welcome to Noosa drinks & Nibbles / in shop specials for campers

Saturday 2nd August

6.00am meet Noosa Heads Lions Park - Long Ride of up to 120km (Shorter options available) with support vehicle following.

Short run off bike – up to 15min

Self-Catered Lunch post ride and run

1.00pm- 2.30pm 70.3 Nutrition / Training / Recovery and Race Day discussion with AIS and Noosa Tri Camps Sports Nutritionist Gary Slater

Snacks provided during this time

3pm-4.00pm Swim Squad @ Noosa Aquatic Centre / technique/ stroke correction

Sunday 3rd August

6.00am Noosa Heads Lions Park - Training Brick over 1900m swim / 60km ride / 15km run

Breakfast (provided) @ Noosa Heads Lions Park.

Group discussion / Q and A post session and allow the conversation to flow on topics of choice

**Camp Schedule subject to change due to weather conditions or availability of venues*

**AUGUST CLUB EVENT – LONG COURSE 2K / 60K
/ 15K**



What: Long Course 2k / 60k / 15k

When: Sunday 3 August 2014

Time: 6.15am Register. 6.30am start

Where: Noosa Lions Park

Register: Registrations open online soon!

Note: This event can take 3+ hours and we therefore need the support of all our club members and ask people to volunteer their time and help out if possible!

JUNIOR SIGN ON DAY & JUNIOR SKILLS CLINIC



What: Junior Sign on Day & Junior Skills Clinic

Age: 11 - 16 years old

When: Sunday 3 August 2014

Time: 7.00am Registration

Where: Noosa Lions Park

Cost: Free!

Followed by:

- 20th August at NAC – Swim & Run Competencies (Timed Run ; Timed Swim and Come & Try Run/Swim/Run
- 27th August at Girraween Sport Complex – Bike Skills Come & Try

KIDS TRIATHLON



What: Kids Triathlon / Duathlon

When: Sunday 3 August 2014

Time: 10.00am Register. 10.30am start

Where: Noosa Lions Park

Distance: Depending on age approx 50m / 1k or 2k / 500m or 1k

Age: 4+

END OF SEASON PRESENTATION



What: Club Presentation and Awards Night

When: Friday 22 August 2014

Time: 6.00pm

Where: RACV Noosa

RSVP: Please RSVP by 31 July 2014

Awards: Athlete of the Year, Club Person of the Year, Junior of the Year, Beginner / New Comer of the Year, Goose of the Year

Plans: Live Music, Food (nibbles) and drinks provided

AWARDS

Please click [HERE](#) to review a list of club members who have been nominated for the following awards:

- Athlete of the Year
- Clubbie of the Year
- Junior of the Year
- Beginner / Newcomer of the Year
- Goose of the Year Please vote by emailing to clubsecretary@noosatriclub.com by 31 July 2014.

AGM



With the end of season fast approaching the annual AGM date has been set.
Refer below details

What: Club AGM

When: Saturday 23th August 2014

Where: RACV Noosa

Time: 5pm

Schedule:

1. Review of year past including finances
2. Members Question Time
3. Vote for new committee: Positions / Responsibilities:
 - President
 - Secretary
 - Treasurer
 - Event Director
 - Website
 - Social
 - Newsletter
 - Sponsorship
 - Facebook
 - Coaches
4. Thanks to previous committee

MEMBERSHIP FEES 2014 / 2015

With a new season comes Membership renewals. You can sign up now (15months membership) or wait for July 14.

Triathlon Queensland have now introduced Compulsory Membership for all affiliated clubs and its members.

The cost to be a Triathlon Queensland Member for Adults is \$120 and for Juniors 12-19years = \$60 and Juniors 5-11years \$30. Apologies but TQ will also be charging a 5% admin fee this year.

The TQ membership provides insurance cover for the Club and its Athletes while training and participating in Noosa Tri Club Events. Refer to TQ website for details of benefits and further benefits.

This compulsory insurance requirement means we have now introduced a two tier membership option for you as follows:

- Full Membership Adult \$200 (Club Membership \$80 + TQ Membership \$120 = \$200)
- Full Membership Family \$120 + TQ per person
- Full Membership Junior 12-19years \$70 (Club Membership \$10 + TQ Membership \$60 = \$70)
- Full Membership Junior 5-11years \$40 (Club Membership \$10 + TQ Membership \$30 = \$40)
- Social Membership Adult \$80
- Social Membership Junior \$10

Refer below for details of Membership inclusions and payment procedure.



FULL MEMBERSHIP

For your membership fee you will receive the following:

- **Membership of TQ and associated Insurance Coverage**
- A monthly newsletter keeping you up to date with the latest information on the Noosa Triathlon Club.
- Training Sessions consisting of the following:

- 7 adult coached sessions per week with Multi Sports Consultants (Additional Fee charged by coach)
- 4 junior coaching sessions per week with Tri Adventure (Additional Fee charged by coach)
- **3 club social session a week (all free) – Run Wed & Fri, Ride Sun**
 - **Free entry into all Club Triathlon Events (Av 1 per month)**
 - Discounts from club sponsors Noosa Aquatic Centre and Le Cycle Sportif
 - A bonus club running 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!

To renew or become a new member go to:
<http://www.triathlonqld.com.au/JoinTQ.aspx>

SOCIAL MEMBERSHIP

For your membership fee you will receive the following:

- A monthly newsletter keeping you up to date with the latest information on the Noosa Triathlon Club.
- Training Sessions consisting of the following:
 - 7 adult coached sessions per week with Multi Sports Consultants (Additional Fee charged by coach)
 - 4 junior coaching sessions per week with Tri Adventure (Additional Fee charged by coach)
 - **2 club social session a week (all free) – Run Wed & Fri (no ride)**
 - Discounts from club sponsors Noosa Aquatic Centre and Le Cycle 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!

To renew or become a new member go to:
<http://www.noosatriclub.com/membership-form/>

Difference

The difference between full membership and social membership is as follows:

- No TQ Membership and therefore no Insurance cover
- Social Member cannot participate in Club Sunday Ride without a one day TQ Licence
- Social Member cannot participate in the Monthly Club Events eg Winter Series without a one day TQ Licence
- Social Members who participate in coached training sessions do so without club insurance cover. As a coached event these sessions are covered by MSC & Tri Adventure coaching insurance policy.
- Payment procedure

I hope the cost involved do not put you off being part of this great club. We know it's expensive but unfortunately we have no choice due to Insurance and Litigation concerns (a sad world we live in!)

Any issues please email the club.

APPAREL

The following club kit and apparel is available from either Lecyclo Sportif or from the Committee.



Club running shirts (free with new 2014/15 membership)



Available for pick up at LeCyclo Sportif in Noosa Junction in September

CLUB SPONSORS

Please welcome our new and renewed club sponsors. They have invested hard cash to support the club and assist with providing the many events we hold over the year.

Please support them by using their services.

MEMBER PROFILES

Take a look at our [member profiles](#) - new profiles added each month! Say hello next time you see them.

New member profiles have been requested. We will be chasing soon.

Newsletter archives:

[November / December 2013 Newsletter](#)

[October 2013 Newsletter](#)

[September 2013 Newsletter](#)

[August 2013 Newsletter](#)

[June 2013 Newsletter](#)

[March April 2013 Newsletter](#)

[February 2013 Newsletter](#)

[January 2013 Newsletter](#)

[November 2012 Newsletter](#)

Club Merchandise

The Noosa Tri Club bike kit and Tri-suit:



For size details refer to <http://www.tineli.com.au/custom-design-clothing/size-guide.php> , or you can call in to [Le CycloSportif](#) to try Tineli gear on, asking for size and item requirements. To order your training gear please contact [Le CycloSportif](#). An online and delivery option (postage fee to apply) will also be available if required.

Item	Member Price	Non Member Price
Bike Jersey	\$80	\$100
Bike Knicks	\$80	\$100
Tri Suit	\$120	\$150
Buy All Three Items (Jersey, Knicks & Tri Suit)	\$220 (Tri –suit ½ price or \$60)	\$275 (Tri suit ½ price or \$75)
Social Shirt – Collar	Part of 2013/14 Membership	TBC
Social Shirt – Non Collar	Part of 2013/14 Membership	TBC

Noosa Tri Club Sponsors





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