

# Noosa Tri Club

Inform. Inspire. Your newsletter. Your club.



## Meet your local!

Fresh and flexible, simple and informative. This is what we aim to deliver each month...

The 2015/16 season is well and truly on its way and plenty more excitement lays ahead. To start, we wish to introduce this new, vibrant newsletter; a splash of colour to brighten your month. You will hopefully see this addition to your inbox on the first day of every month. Inclusions remain a mystery but be assured there will be some gems. We will pack these two pages full with your contributions - results, training tips, recipes, upcoming events and other splashes of information.

1

### GATORADE SPRINT TRI

Round 6 of the series heats up at Caloundra on February 7<sup>th</sup>, register and don your NTC team kit.

2

### MOOLOOLABA TRI

Sign up now to compete for your club on March 14<sup>th</sup>.

3

### GOLD COAST TRI

Sprint distance tri on April 12<sup>th</sup>. Enter and earn points for your club.

## SUMMARY

### Meet your local!

Inform. Inspire. Meet your newsletter that will be simple and to the point.

### Get active and support your club!

Tri Club Challenge set to continue in Mooloolaba and on the Gold Coast.

### Cross tri training weekend with Kim & Jan

If you missed out in December, get in touch with Kim or Jan for future training events.

### We want you!

An email address has been set up so you can inform us of all your amazing accomplishments.

### Contact us...

Stories or bloopers required, email: [NTClubNews@gmail.com](mailto:NTClubNews@gmail.com)

Always check our website for more details: [www.noosatriclub.com](http://www.noosatriclub.com)

## Get active and support your club!

Noosa Tri Club is number 1 and let's keep it that way! Help NTC maintain supremacy in the new Trifecta Club Series.

The new Trifecta Club Series combines the three pinnacle Multi Sport events of Australia: Noosa, Mooloolaba and Gold Coast Triathlons. After round 1 in Noosa, we are number 1.

The 2015 Noosa Triathlon Festival kicked off the inaugural Trifecta season, and clubs came out in full force to earn points and bragging rights.

Division I: Red Dog Triathlon Club: 29,0009.1

Division II: Noosa Triathlon Club: 10,887.5

Division III: Atlas Multisports: 9,657.5

Division IV: East Coast Cycos: 4,015.8

Division V: Geelong Performance Coaching: 3,266.8

The next event to earn points is the Mooloolaba Triathlon Festival, 11-13 March 2016. Boasting a well-established club atmosphere, this event is sure to



take competition to the next level. Remember that all of you, from a Superkid to a relay triathlete counts towards our Club points. Register or find out more via:

<http://ap.ironman.com/organizations/multi-sport-trifecta-club-series.aspx>



## Cross Triathlon Training Weekend with Kim & Jan

After a fabulous weekend, we received this lovely message from Janet Southern:

*Lots of thanks to the Noosa Tri Club for arranging the Cross Tri training weekend. The whole thing was fantastic.*

*Kim is a terrific coach, very enthusiastic, well organised and great at explaining techniques etc.*

*Jan's strength is her ability to encourage participants to push their boundaries.*

*I had the best weekend, never thought being exhausted could feel so good.*

*Now I am looking forward to doing my first off road triathlon.*

## WE WANT YOU!

Welcome to twenty-sixteen from all your fellow NTC members; your extended exercise family. The past year saw some solid results, accomplishments and contributions. We wish to feature and commend all members of our NTC family who are pursuing dreams, leading a healthy lifestyle and being positive role models for our growing generations. No matter how big or small, grand or otherwise, please inform us of your ambitions and achievements so we can share your journey. Send a summary of your adventures to [NTClubNews@gmail.com](mailto:NTClubNews@gmail.com) and we will endeavour to support you.

