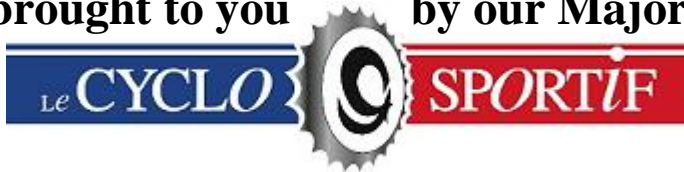


# Noosa Tri Club

Inform. Inspire. Your newsletter. Your club.

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## Club Awards and AGM

Meet and Greet at the Noosa Boathouse

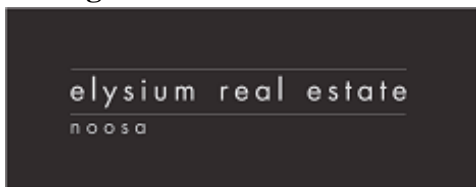
We had great attendance and gratitude shared at our recent AGM. With positions secured for the new triathlon season, the Noosa Tri Club will continue to swim, ride and run its way up the ladder.

Following the AGM, everyone was invited to share some sunset drinks and nibbles, as well as some yearly banted and the presentation of our annual awards.

Thanks to all for coming, and to every member for making the NTC the powerhouse it is today.



Introducing some of our **PROUD SPONSORS**. We'll be hearing from them:



**1**

**RAINBOW TRI**  
New to the calendar, the Rainbow Beach triathlon.  
3<sup>rd</sup> September

**2**

**SC 70.3**  
Sunshine Coast 70.3 arrives to stir up the Mooloolaba and surrounding area.  
10<sup>th</sup> September

**3**

**CLUB EVENT**  
NTC training event over the Olympic distance, perfect for Noosa Tri training.  
17<sup>th</sup> September

### SUMMARY

**Club Awards**  
AGM and awards evening

**Long Course**  
Great turnout and plenty of fun

**Xtreme Norseman**  
Meredith climbs to 2<sup>nd</sup> place

**Mum and Kids**  
Support for mothers and kids

**Sharing is caring**  
We want your input to share the NTC spirit:  
[NTClubNews@gmail.com](mailto:NTClubNews@gmail.com)

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

### NEW SPONSOR

The Partners Group Australia



## Long Course Training

The long course swim/bike/run was a perfect training event as the Sunshine Coast 70.3 approaches. We had a great turnout of local talent as well as some making the trek up or down from further afar as well.



A big thank-you goes to our club sponsors for helping get days like this up and running,

especially Le CycloSportif and your on-course nutrition provided by Infnit. We also welcome the

cool new trucker's caps provided by Tony Black at Partners Group! Well done to everyone who tackled the obstacles, including the attentive group



from Nick & Jess's Multisport Consultants



A fun day was had by all and we'd like to thank all the volunteers who assisted to make this event run as smoothly as it did. What a great morning!

## Noosa Tri Club Caps

Send the Noosa Tri Club a private message on Facebook if you would like to purchase one.

- \$25 for members
- \$35 for non members



## Hill Climbs Norseman

You've probably seen her name and recent conquest covering the local papers, but here's credit to one hell of a journey... very far from paradise.

The Norseman Extreme Triathlon is held in Norway's icy fjords and mountainous terrain. While beautiful, the 3.8k swim, 180k ride (3700m of climbing) and 42k run / climb ended on the summit of a mountain.

All this was to earn a Black Shirt. With only a limited number of crazy participants allowed to climb to the finish where the coveted black shirt awaits, the rest run a flatter course and have a white shirt waiting.



Not only did Meredith Hill place 2<sup>nd</sup>, she also recorded the 2<sup>nd</sup> fastest female time. Ever. Well done, Meredith. Time to enjoy the spoils and wear that black shirt with pride!

## Mum and Kid Support

The Noosa Tri Club, with support from The Queensland Government, is able to offer a free 20 week triathlon training program to Mum's with young teenagers who want to join our club together to get Tri Fit and connect with other like minded Mum's, Grannies & Aunties who can enrol too.

So if you know a Sunshine Coast based "lady of the house" that would love to sign up for this professionally led program with a young teenage relative, have them contact us via email or Facebook.

In return we'll invest in them and their future health in swim, bike, run and related activities like meal planning, nutrition and yoga.

Continued on next page...

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We'll be sharing their knowledge, insights and product range with you.



## Start Playing, Stay Playing

Cont... 'The Queensland Government, through the Embracing 2018 Legacy Program for the Gold Coast 2018 Commonwealth Games, provided \$31,626 to Noosa Tri Club to Tri Fit Families to get women and girls active for life.'

We are looking for Mums, Grans, Aunties who want to train with their teenage child, grandchild or niece. Noosa Tri Club will be providing a FREE 20-week triathlon program helping form life changing habits, if enrolled participants will receive;

- Professional fitness assessment
- 8 weeks of professionally coached sessions in swim, bike, run
- A further 12 weeks personalised training program
- Professional diet and nutrition workshops
- School holiday training camps
- Introduction to yoga
- Multiple local events to test your growing fitness and skills
- Several cross-training opportunities to have fun with other likeminded women

The program will cater for all ages and fitness capabilities if you know someone who would benefit from a healthy, active lifestyle have them send all enquiries to;

[clubsecretary@noosatriclub.com.au](mailto:clubsecretary@noosatriclub.com.au)

We'll have an Open Morning at our next club event Sunday Sept 17<sup>th</sup>, have them come down to find out more and see members in action



Queensland  
Government

Embracing 2018

## Weekly Ladies Only Rides

Jess from Multisport Consultants is inviting all ladies aboard for some local rides that commenced Sunday 20<sup>th</sup> of August! Perfect to build toward the fast-approaching Noosa Tri. The rides are free for NTC members and only \$10 for non-members. Get in touch with Jess via [jess@mcsport.com.au](mailto:jess@mcsport.com.au) for more information.

View the timetable on the next page...

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## Weekly Ladies Only Rides

| RIDE PLANNER             | DATE           | TIME | NOTE                |
|--------------------------|----------------|------|---------------------|
| 40KM NOOSA TRI COURSE    | SUNDAY 20/8    | 6am  |                     |
| 50KM NOOSA – TWIN WATERS | SUNDAY 27/8    | 6am  | ALLOW MORE TIME     |
| 40KM NOOSA TRI COURSE    | SUNDAY 03/09   | 6am  |                     |
| 50KM+ SUNRISE LOOP       | SATURDAY 9/09  | 6am  | ALLOW MORE TIME     |
| 50KM+CUDGERIE LOOP       | SATURDAY 16/09 | 6am  | ALLOW MORE TIME     |
| 40KM NOOSA TRI COURSE    | SUNDAY 08/10   | 6am  |                     |
| 40KM NOOSA TRI COURSE    | SUNDAY 15/10   | 6am  |                     |
| 40KM NOOSA TRI COURSE    | SUNDAY 22/10   | 6am  |                     |
| 50KM+ SUNRISE LOOP       | SATURDAY 28/10 | 6am  | ALLOW MORE TIME     |
| <u>NOOSA TRI !!!!!</u>   | 05/11          |      | <u>RACE DAY !!!</u> |

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