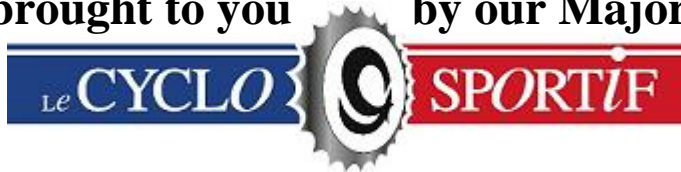


Noosa Tri Club

Inform. Inspire. Your newsletter. Your club.

Proudly brought to you **by our Major Sponsor**



Noosa Tri Warmup

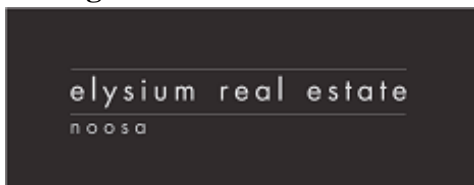
Fun for everyone during our training event

Well done to all who helped, supported, swam, rode, ran... or multitasked and did it all! It was a great morning to warm up the Noosa Tri course before the real heat kicks in on race day come November 5. Fantastic job by our volunteers who gave up their time to make it such a great event - thanks team! One unlucky rider had a spill but remains in good spirits. Recuperate well Steve and we hope to see you again soon!

Huge thanks to **The Running Company - Sunshine Coast** who provided some prizes for a few lucky winners. Cross the bridge to Duporth Avenue in Maroochydore for advice on all things run-related.



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



1

OFF ROAD

Wild Women Adventure Race in Pomona, 6 hrs of offroad fun.
15th October

2

CLUB EVENT

Multi loop training event to improve your transitions.
29th October

3

NOOSA TRI

Our "local" swim/bike/run-athon! Compete, complete or support, let's do it!
5th November

SUMMARY

Noosa Training
Thanks for a great morning

Fit Families
Program taken to Sunshine High

Offroad Racing
Tre-X is back, contact Kim for details

Swim Clinics
Noosa Tri swim clinics on offer

Sharing is caring
We want your input to share the NTC spirit:
NTClubNews@gmail.com

Always check our website for more details:
www.noosatriclub.com

NEW SPONSOR

The Partners Group Australia



Fit Families in Schools

The Club's Tri Fit Families initiative recently started a school visitation program; Sunshine Beach State High hosted Coaches Nick and Jess who were supported by Peter Fry from the club and presented to years 7, 8 and 9. A very good response and invaluable assistance from the school's Sports Coordinator Kim Beckinsale helped give the visit positive impact.



Tri Fit Families will kick off in the second half of October with the Club still taking and receiving expressions of interest from women who would like to get fit alongside their teenage daughter or son, niece or grandchild. We recognise the influence that a fit and active Mum or other female role model can have on a family and want to help encourage Queensland teenagers get involved in triathlon. By entering this program together, we believe they will be able to encourage and motivate each other on the journey.

The 20 week program will include;

- Professional assessment of current fitness and capability in the 3 activities of swim, bike, run
- An eight week professionally coached training program
- A subsequent 12 week personalised training program
- Two 3 day training camps during the school holidays
- Diet and nutrition workshops delivered by elite level professionals
- Introduction to yoga classes

- Multiple competitive training events where participants can put the found skills, ability and fitness together

Numbers will be limited to enable the best delivery of the initiative to the participants and will provide a fantastic opportunity for families and in this instance a mother and child – (daughter / son) to participate as part of the program at their respective fitness levels.

Successful applicants will need to become members of the club and Triathlon Queensland for training and insurance purposes, but will receive the coaching free of charge.

Please email clubsecretary@noosatriclub.com for more information or to register your interest. Detailed program information and questionnaire will be sent out soon for those that have registered.

Off-Road Racing is Back

Tre-X is back! Your chance to tackle an off-road Triathlon - Sunday 28th October 2017. Noosa Tri Club off road skills sessions can help you train and



prepare: Tuesday Trail Runs 5pm, Wednesday Run Swim Run 5.45am Thursday Mtn Biking 5.30am. Back on again from week beginning 9th October.

Contact Coach Kim Beckinsale for more information.

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



PROUD SPONSORS

Support our sponsors:

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



Page 2 of 3



Noosa Tri Swim Clinics

The club is running 2 pre Noosa Tri beginners open water swim clinics. Coaches Nick and Jess will host the 1hr clinics from 9.30am Sunday 15th and 22nd October over the Noosa Tri swim course. This clinic is aimed at those new to the sport and open water swimming / doing thier first Noosa Tri. This is free to current club members or \$15 for non members payable on the day. Registration is required by emailing noosatriclub secretary as we need to know numbers for water safety. The clinics will take place a little after the all-girls Sunday group rides so they won't miss out. Meet at main beach outside Noosa SLSC by 9.25am.



Weekly Ladies Only Rides

There's still some decent riding remaining with Jess from Multisport Consultants. She is inviting all ladies aboard for some local rides, 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@mscsport.com.au for more information.

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
NOOSA TRI!!!!	05/11		RACE DAY!!!

PROUD SPONSORS

Support our sponsors:
We'll be sharing their knowledge, insights and product range with you.



RACV Noosa Resort



Page 3 of 3

