



# NEWSLETTER

## The Year Ahead

for City Tri Club



Members of the City Tri Club continue to perform at their best with outstanding results recorded over the past season. Congratulations to those club members who have been selected for the Australian Team at the Gold Coast & Perth World Championships. This is a fantastic achievement and we

wish you all the best with your training over the coming months! We look forward to cheering you on!

The Club gratefully acknowledges the support of its sponsors in 2008 and we will advise of our club sponsors for the 2009 season soon.

### Our new committee

A second AGM was held on Sunday, May 31 and a new committee was formed.

Our new committee comprises both long-term members of the City Tri Club, and several new faces - parents of the very keen TRYstars. Thankyou to last year's committee & to all these people for volunteering their time for the coming year!

**President** Erica Morrissey

**Secretary** Denise Norrish

**Treasurer** Jo Gaynor

**Website** Andrew Eldridge

### General Committee

Jayne Owens, Rosey Martin, Julie Catherall, Michael Littleton

**TRYstars** Roz Reynolds

**Newsletter** Fiona Orrman-Brown

### REMINDER MEMBERSHIP FOR 2009-2010 SEASON DUE

Members are reminded that the membership fees are now due for the coming season. Fees can be paid online at the TWA website. [www.triwa.org.au](http://www.triwa.org.au)

On another note, are the senior members of the club aware that we have a huge number of TRYstars members, fifty in 2008-9! This program is proving to be immensely successful with kids ranging in ages from 7 to 14 regularly



turning up to training - even in scorching heat, club organised events and inter-club events.

If you can volunteer some time on a Friday afternoon to encourage the next generation into your sport, please contact Roz Reynolds on 0409 275 695. You will be surprised at the enthusiasm and dedication these kids display!

CLUB MEMBER PROFILE

Introducing Sandy Crowe!

Age 25

Training Partners: Kat Mercer & Danielle Cousins

Weekly training hours: about 15

Favourite discipline: Cycling on Trek WSD 6.5 and a very new Ceepo TT which is hot pink!!

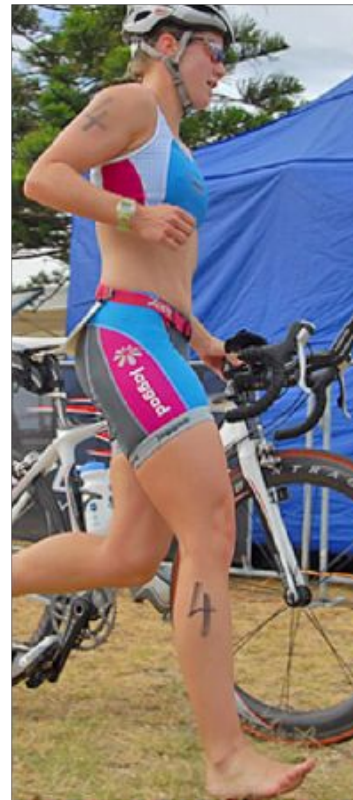
Awards Received: 20-24 Pure Blonde Series Leader 2007, 3rd age group winner Busselton Half 2008, Australian Time Trial Assoc. early bird winner twice in a row!

Goals: The Worlds in a couple months!

What Makes You Happy?: Life, family, friends, lollies & breakfast!!

And for fun? : Baking - muffins are a specialty!!

Thankyou Sandy and all the best for the Worlds on the Gold Coast & in Perth!!



TRYSTARS NEWS

Not only TRYstars ride pink bikes!!

This is Sandy Crowe's new Ceepo!!

TRYstars will begin again in October with a registration day on Friday October 16 at 5 pm at Bayswater Waves, Baywater.

Please pay your club membership online at the Triathlon WA website [www.triwa.org.au](http://www.triwa.org.au) The fee structure for TRYstars & registration form are on our website [www.citytriclub.asn.au](http://www.citytriclub.asn.au) Training fees and pool entry fee will also apply this year. So, bring along your friends and get active this summer!

Roz Reynolds will be coordinating TRYstars again this year, assisted by other qualified triathlon coaches. Parent helpers are required at all sessions & events so please be prepared to be active!! Parents, please let Roz know at the registration day how you would be able to help this season. The more help we receive the more fun the sessions!



A QUOTE FROM ONE OF THE BEST.....

Winning is about heart, not just legs. It's got to be in the right place."

Lance Armstrong



CONGRATULATIONS



**Photo: Andrew Eldridge**  
completing the run at the Challenge Series , Perth, March 2009

Congratulations to the following City Tri Club members who will be representing Australia at the ITU World Championships this year.

- Elizabeth Sinclair
- Naomi Edmunds
- Liana French

**Sprint Distance - Gold Coast**

Karl Reindler

Here's hoping Perth turns on some spectacular spring weather for the event on October 25.

**Olympic Distance - Gold Coast**

Sandy Crowe  
Elizabeth Sinclair

Best wishes with the training!

**Long Distance - Perth**

Sandy Crowe  
Nat Sumner  
Suzanne Laidlaw  
Rebecca Errey

Tri WA is looking for homestays for visiting athletes & also for volunteers for the World Championships. If you can help, contact Tri WA

THE ULTIMATE BIKE HAS.....?

Accurate feedback equipment?!

A fast number?!!

Comes fully loaded with hydration solutions!!



An easy hook saddle!!!!

Reliable brakes for fast cornering?

Shoes ready to go.....



TRAINING TIPS.....

- swim like a fish
- ride like the wind &
- run like you stole something!!