



Activ Tri Club Newsletter

January 2012

Canberra Half Ironman

I had the pleasure of travelling down to Canberra for the 70.3 Half Ironman. It was an experience I will never forget. The support from the Activ crew was amazing. We all benefited from the support crew cheering on Activ competitors during the race to the technical advice from experienced triathletes for the rookies (read me). I could hear the support 300m before I passed the support crew. Two moments stick out in my mind. The first was walking to the event in the morning. As I strolled into the transition area (headphone Booming) I could feel the pent up energy of all the competitors. My nerves subsided as realised that nearly all competitors were as nervous as I was. I was soaking up the new experience. The second moment was finishing. I can't describe the feeling. I went back to my bike and sat there for 30 minutes because I didn't want the feeling to go away.

Marty Prowse



Rod Tanner setting up at Canberra Half Ironman

Help

Any submissions for the newsletter are more than welcome. Any results from members or event information would be appreciated. We would love to include any personal accounts of any events by members.

Mooloolaba Tri 23rd-25th March

Team entries are still open for Mooloolaba - we could help match people up if they let us know they need help in doing this. The Activ Marquee will be there so keep an eye out for it.



Sponsorship

Nick and Kristina from Hawk racing are providing a very generous discount on their wheels to Activ Tri Club members - 10% off RRP, with a contribution to the tri club from every sale.

Hawk Racing™ is the ONLY company in the cycling industry whose focus is primarily on friction. This is because eliminating the amount of friction is something that EVERY athlete benefits from. Quality control goes one step further, as the new V55 and V80 Veyron Rim Series™ have even been tested for aerodynamics.



Gatorade Series–Race 4

Club Champs - Race 4 of the Gatorade series, **Sunday 15**

January at Robina. Each person that enters scores a point for the club from Kids, Enticer to the full race. Entries are still open and when entering put Activ Tri Club in the "are you a member of a club field"

The Activ Marquee will be there so keep an eye out for it



Cam Hughes on the Way to Victory

70.3 World Championships

Both Cameron Hughes and Julie Uebel won their age group at the Canberra Half Ironman and therefore qualified for the World Champs in Las Vegas in September 2012. Well done Cam and Julie.

Hervey Bay Triathlon - Great fun weekend, and some excellent prize money. Sun 22 April. Early bird entries are still open, Check out the link for details,
<http://herveybaytri.com.au/>



Activ Tri Run Sessions

By popular demand, Lachy Joyce, Activ Tri Club Member and level one running coach will be starting morning coached run sessions twice a week from Activ Cycle Coaching, 391 Montague Road, West End, starting next Wednesday morning January 11th. Details are:

Wednesday mornings at 6 am - faster threshold sessions. Sundays 6.30am - long steady runs. These sessions are being organised by the Activ Tri Club and fees are payable directly to Lachy. These sessions are not run by Activ Tri Coaching/Activ Cycle Coaching. Costs for Activ Tri Club members are \$5 per session or \$30 per month, cash payable directly to Lachy. For non-members the costs are \$7 per session or \$35 per month.

BLUHAT BURLEIGH SWIMRUN  
 400m 3.84km
Stroke & Stride into good health this coming Oz Day



Sponsored by:
   
 HUMAN RESOURCES • RECREATION • MANAGEMENT CONSULTING STOCKLAND BERKELEY



BLUHAT LEAD UP EVENTS
 Sun 18th Dec
 400m swim & 3.84km beach run
 Sun 15th Jan
 2x (200m swim & 1.92km run)
SIMPLY TURN UP AT BURLEIGH BEACH, SIGN UP AND RACE

Australia Day Challenge

Thursday 26th January 2012

Event distance:
 400m Ocean Swim & 3.84km path run - along beautiful Burleigh beach

Categories:
 12&U, 16 &U, Open, 30-39, 40-49, 50+ & teams (mixed gender only)

[NEW] Mighty Midgets Challenge:
 400m wade and 400m path run (u8, u9 & u10)

\$1000 cash for 1st Open Male and Female
\$1000 cash for 1st Mixed Gender Team
Cash \$\$ & Prizes for Age Categories

To enter go to www.oceanswims.com
 For more info phone Ty Dowker on: 0413 148 470 or email: burleighswimrun@gmail.com or visit www.burleighswimrun.com.au