



ARMIDALE TRIATHLON CLUB NEWSLETTER – OCT 2012

With one week to go until our first triathlon, I hope that everyone is fitter than what they were a week ago. I have had plenty of requests for items to go to members hence a second newsletter.

1. The new Armidale Triathlon Suits are now ready. If you ordered a suit or are interested in obtaining one, please go and see Paul Schmude and the friendly staff at Sportspower in Dangar St.
2. Our great sponsors, Forsyths are also the sponsors of another event being the pedal the peel bike challenge being held on Sunday 21st October. Please visit www.pedalthepeel.org.au if you are interested.
3. On the following weekend, being Sunday 28th October, there is the Walcha Road Bike challenge. Please see the attached flier for details.
4. Long time club supporter – Robyn Haydon sends the following message:

Just letting you know we have a bike for sale - OCR 3 black silver and grey - used for 12mnths only, though now 4 years old.

Looks close to brand new

suit 10 - 14 yo -depends on height at upper end
\$500 ono

5. The Thompson family have been involved with the club for as long as I can remember.

In conjunction with Roberta's Personal Training business, David is now writing triathlon training programs + coaching advice for anyone who is interested. The service includes:

- Customised programs for beginners to experienced triathletes
- Short course or long course
- Advice on equipment
- Nutrition strategies

David can be contacted on david@care.net.au or 0419 681818.

Keep at the training and we look forward to seeing you on the 14th of October for the first race.

Pete Haynes
Publicity officer.