



Armidale Triathlon Club

As you will know, we have the second race of our Forsyth's Triathlon Series on Sunday. There are a few things that you should know about:

1. Volunteers needed.

The Hutchison & Harlow School's Challenge is on Sunday 16th November and we are expecting a big roll up for this great event. This year, the club will be marshalling the race. As a result, we need 10-14 people to help out as marshalls on Sunday week. Could you please let myself or Lea McMillan know if you are able to assist with this.

We also would like all existing club members to encourage their school to enter teams.

2. Long course start.

We are finding that by the time some of our long course racers are finishing, there is no-one around to cheer them on. Therefore, this weekend, Dave Robins will start before the kids race to give him a head start. We ask that everyone keeps clear when Dave comes out of the pool to the transition area. If this trial works, we may have other long course participants go off with him.

3. Registration forms

If you raced last time, this week, you will only need to fill out a slip with your name and Tri Australia number on it. The slips will be available on the same table as the registration forms for those who are racing in Armidale for the first time this season. We hope that it saves everyone some time.

4. Safety

Whilst we want everyone to have some fun and have the best race that they can, safety is critical. We have a race briefing before each race, but I would like to stress the following points:

- Cyclists must adhere to the Road rules.
- There are no tumble turns allowed in the pool.
- Everyone must wear a top on the bike and the run.
- You must put your helmet on before leaving the transition area with your bike.

5. TRYstars programme

- Forster Tri Club is hosting a Triathlon coaches course on Tuesday 25th November.
- The course will be run by Sarah Koen from Triathlon NSW.
- The course is free and goes for 3.5 - 4 hours commencing 4.30 - 5.00pm
- If you are interested, please call Sarah on 02 8488 6250.

Regards,

Peter Haynes
President, Armidale Triathlon Club.