



Engadine Triathlon Club

Spring 2014 Newsletter

Hard to believe it's mid-October already – the sun is shining, Christmas is nearly here, and of course tri season has started.

Congratulations to ETC members Bill Harvey and William Beukes who both raced at Port Macquarie on the weekend. Great results!

One of the best attended races of the year by ETC members is the Nepean Tri on 26 October. Last year we had 19 members racing. Looks like we will see at least a dozen members racing again this year, with a number of members coming up in support.

A number of other events coming up over the next month or so that members are competing in include:

- Burgh2Beach 8km fun run, 26 October;
- Noosa Triathlon, 2 November;
- Challenge Forster, 9 November;
- Huskisson Olympic, 21 November;
- Nepean 70.3, 30 November.

Good luck to everyone. If you're racing at any of these or other events let us know, either through email or Facebook. Great to have some familiar faces at these events, particularly for newer club members. And of course, to share and celebrate your results.

Membership Renewal

Just a reminder that membership to ETC and Tri NSW expired in June. I know there are a few club members who are racing in coming weeks who haven't renewed as yet – if you're not sure let me know and I can check it out for you.

http://www.triathlon.org.au/Membership/Annual_Membership.htm

Membership gets you discounts to races (no one day licence fees), priority entry and liability & personal accident insurance while you are training & racing, as well as a number of other benefits.

Club Training & Events

Wednesday night run sessions have started up again with daylight savings. Meet at Engadine Leisure Centre fronts steps at 6.30pm. Runs go for around 45 mins and a great way to fit in some group run training in summer away from the heat of the day.

On Friday nights we have an informal swim session. A good chance to swim with other club mates. Swimmers are typically in the pool around 6.30pm.

Saturday mornings will see a return to more regular racing, with a mix of aquathons, duathlons and triathlons across the season (in varying formats) as well as a mix of other running and cycling training.

Feel free to post on the private Facebook group if your heading out. I know we've had a few members using the Facebook forum to let them know about Sunday morning rides.

Save the Date

A couple of upcoming club events to put in your diaries:

- ETC Annual General Meeting and Pub Run – AGM at 12pm, Saturday 20th December, at the Como Hotel. For those that are game, this is followed by the annual pub run from Como to Engadine.
- Club Champs – 16 May 2015. We had a great turnout and result this year, and with club champs now a few weeks after Port IM, there's no excuse not end the season with friends in Forster.

Keep up to date

Keep up to date on our website and Facebook pages:

<http://www.engadinetri.com.au>

<https://www.facebook.com/pages/Engadine-Triathlon-Club/806630399366712>

Contact Us at ETCPresident@outlook.com or 0481 548 454