

Dear Members and Friends,

Freshwater Series - Race 1 - Tinaroo Triathlon

In the last newsletter, we mentioned the Committee was seeking to reschedule the Tinaroo Triathlon to Sunday 8th March.

Unfortunately, this date is no longer tenable for a number of reasons. We also wish to avoid placing undue pressure on an already busy group of wonderful Volunteers. The Crocs have a number of exciting races coming up, the next of which is the Easter Duathlon, and we need to ensure our upcoming events are properly organised.

We will be in touch with those who registered for Tinaroo once we have finalised those expenses. It is likely the Club will offer you a discount on a race of your choice during this current season.

Club Sponsors

Putting on races for our members just got a little easier with support from our valued 2015 sponsors! A full list of benefits offered by these businesses will be published shortly, so in return please support them!

Blue Chip

AvantiPlus Cairns

Silver

Bicycle Centre Cairns

Markwell Marine

Team Carling/Health Management

EmpowerFX

FOHER Multisport Woman

PTS Traffic Management

We are also finalising sponsorship negotiations with a number of other local businesses so stay tuned.

If you are interested in sponsorship, please contact renee@cairnscrocs.org.au.

Club Training

Club training sessions run by Club Coaches Liz Terrens and Guy Tresize are due to commence in March. We'll be uploading a timetable to the website shortly, and keep an eye out especially on our Facebook page for details.

These sessions are for MEMBERS ONLY and are essentially free! Depending on the location, a small fee may be payable to cover entry or lights etc. There will always be food and coffee after the session, so the focus is definitely on being social!

Get Going Grant and Tri de Femme

The Club was recently awarded a Get Going Grant thanks to the hard work of Committee Member Renee Ker.

The Cairns Crocs would like to acknowledge the Queensland Government for providing \$7868 so that we may conduct a female specific coaching and mentoring program through Tri de Femme to encourage and increase the participation of female Queenslanders into the wonderful sport of triathlon.

If you know any ladies, young or old, who are thinking they would like to get involved in an active lifestyle but are unsure how to go about it, let them know as this program will be absolutely perfect for them! They won't even need to own a flash bike, as the Grant allows the Club to purchase a number of female specific roadies which will be available for these ladies to borrow 😊.

Level 1 Triathlon Coaching Course

Thankyou to those who have expressed interest in attending a Level 1 Triathlon Coaching Course. We have six who have registered their interest so far, but we require just a few more as we need a minimum of 10 participants before TQ will travel up and run a course up here.

Through the above Queensland Government Grant, the Club is also able to fund one female through a Level 1 Triathlon coaching course.

Note that the Club will reimburse your coaching costs if you donate six months of your time back to the Club. For example, you could offer to run coaching clinics and sessions for members.

Should you be interested in attending a Level 1 Tri Coaching course, please email info@cairnscrocs.org.au to express your interest.

Yorkeys Duathlon Series - Race 1 - Sunday 5th April 2015

Planning for our Easter Duathlon is progressing well thanks to Event Manager Fiona Lenz. The Cairns Crocs will host its first Easter themed race with a great family morning planned for you. So come along and join in the activities which will include an egg-drop for the kids! How many eggs will we be dropping is anyone's guess! It could be hundreds, it could be thousands!! It may well be raining eggs!!

We are seeking volunteers to assist the Crocs run a successful Duathlon. Please email guy@cairnscrocs.org.au if you are available. Remember, it is a requirement for all adult Club members to volunteer at one race per season. Chocolate anyone?

Call for Communications Officer

The Committee is seeking a person to assist with member communications – MailChimp newsletters, Facebook, updating the website etc. If you have a few spare hours per week you can give back to the Club, please email info@cairnscrocs.org.au.

Call for Volunteers

If you haven't already done so, please email guy@cairnscrocs.org.au with your name and the race you wish to volunteer for (eg. Joe Bloggs Lake Eacham May). Feel free to nominate for all the races if you like!

Train safe out there, and keep hydrated!

Kylie Anderson
El Presidente
Cairns Crocs Triathlon Club