



Dear Members and Friends,

Easter Duathlon and Lake Eacham Triathlon

Thank you to all competitors, volunteers and our sponsors! Despite the slight hiccup and ensuing delay, feedback from the event has been very positive. We do work very hard to bring events to you, so we appreciate your continued support. A massive thank you to Fiona Lenz for Event Managing and Race Directing!

Our next scheduled event is the Lake Eacham Triathlon on Mother's Day, Sunday 10th May. Spoil Mum with a triathlon registration!! Planning is progressing well, and we will announce when registration is open.

TriPort Triathlon Festival

The Committee is delighted to announce that Irene Cats has been appointed as Event Manager for the 2015 TriPort Triathlon Festival.

We are currently seeking sponsors of all levels for this event, so if you are interested in jumping on board as a sponsor for our signature long course race (with a reputation for being one of the toughest in the business) then in the first instance please email an expression of interest to triport@cairnsCrocs.org.au.

Crocs Sports Seminar: Training Fatigue and Recovery

With the Cairns Ironman not far away now, how is your training going? How are your fatigue levels? The Cairns Crocs Triathlon Club are delighted to be able to host a Sports Seminar led by Dr Glen Deakin. Dr Deakin is a senior lecturer in exercise physiology, exercise prescription and strength training and conditioning at The Institute of Sport and Exercise Science, James Cook University, Cairns. Apart from teaching the next generation of sport and exercise scientists, he is also involved in endurance sport research with a focus on the time course of physiological recovery between/following training sessions as well as the impact of endurance training methods on race performance.

Glen has been involved in triathlon, duathlon and endurance running for over 30 years as an athlete, coach and sport scientist and has competed across all triathlon distances from sprint to Ironman including 22 Ironman Australia Triathlons and an Ironman World Championship. As a coach and sports scientist he has worked with both amateur and professional athletes across a variety of triathlon and endurance running

race distances up to and including the Ultraman (3 day triathlon event) and 100 miler/kilometre running events.

The title of Glen's presentation is "Fatigue - where does it come from and what can I do about it". He will outline the different types of fatigue that are encountered in training and competition and how to avoid or minimise them. The seminar will cover such topics as pacing and training/competition strategies as well as recovery strategies including cold water immersion, compression garments and active recovery.

When: Wednesday 22nd April

Where: JCU Smithfield, Crowther Lecture Theatre (A3.1)

Time: Drinks and nibbles from 5.30pm, seminar commencing at 6.00pm, with plenty of time for questions at the end.

Cost: \$10 members/\$15 non-members (includes food, drinks, tea and coffee)

Registration [HERE](#).

Club Training

Our next Club training sessions is Saturday 11th April at from 6-8am at the Edge Hill State School. This bricks sesh is a goodie, and was well attended last time!

Make the most of your Club Membership, as these sessions are free for MEMBERS! Depending on the location, a small fee may be payable to cover entry or lights etc.

Club Trailer and Signage Opportunity

The Cairns Crocs gear trailer needs a new paint job! This trailer goes all over the place and is a highly visible advertising vehicle for the Club and our sponsors. 2015 ushers in new sponsors and we are seeking a signage company that might be interested in providing in-kind support to help us update the trailer – paint the trailer for us and you get a spot right up the front. If you are interested, please email president@cairnscrocs.org.au

Level 1 Triathlon Coaching Course

For those of you who expressed an interest in attending the Level 1 Development Coaching Course, this has been scheduled in Cairns on the weekend of the 11th/12th of April 2015.

Please ensure you register in the next day or two at

<https://endurancecui.active.com/event-reg/select-race?e=15454651>

Have a great week and as always, train safe.

Kylie Anderson
President



**BICYCLE CENTRE
CAIRNS**

