



Dear Crocs Members and Valuable Friends,

**HOLD THE PHONE!!**

**INCREDIBLE NO RESERVE AUCTION FOR CAIRNS IRONMAN SPOTS!!**

The Cairns Regional Council, one of the major sponsors of the Cairns Airport Adventure Festival, have graciously provided the following to the Cairns Crocs:

- 2x IRONMAN entries for Auction**
- 1x IRONMAN 70.3 entry for Auction**

We have decided to offer these entries up for grabs in a NO RESERVE AUCTION at the Fatigue and Recovery Seminar.

All proceeds from the Auction will go toward the FOHER Multisport Tri de Femme Fund Raising Balance - to help fund research into a cure for cancer through the National Breast Cancer Foundation.

**Crocs Fatigue and Recovery Training Seminar**

The title of the Seminar, presented by Dr Glen Deakin, 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: <https://www.registernow.com.au/secure/Register.aspx?E=16520>

## **Avanti Plus Lake Eacham Triathlon Sunday 10<sup>th</sup> May**

CALLING ALL VOLUNTEERS!!! If you are available to Volunteer at this iconic event, please email [guy@cairnscrocs.org.au](mailto:guy@cairnscrocs.org.au)

### **Call for General Committee Member**

We are very sad to announce that Liz Terrens has offered her resignation to the Committee. Liz has worked tirelessly for the Club over the past 16 months in her role as President last year, and as a general Committee Member this year. She has been instrumental in setting up the TryStars Program and in offering our Members training sessions this year. She will continue to do both on behalf of the Club. We wish Liz all the best.

To that end, we are seeking a Committee Member.

Duties may include the following: general administrative duties, attending to regular email communication, attend Committee Meetings once per month, attend races where possible, assist with Race Directing and Volunteer Coordination when required, other general duties as required.

Please email [president@cairnscrocs.org.au](mailto:president@cairnscrocs.org.au) with your expression of interest.

### **Call for Timing Assistance**

A massive thankyou to Ben Anderson, Karen Reimann and Gary Bryant for their 'time' in managing the timing system at our recent Duathlon. If you were at all frustrated over the Yorkey's race timing, then why not put up your hand and learn the system and its intricacies? We require at least two additional volunteers to be trained to learn the system as a contingency. The timing system is one the Crocs most valuable possessions! If you are interested then please email [info@cairnscrocs.org.au](mailto:info@cairnscrocs.org.au) now.

### **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](mailto:triport@cairnscrocs.org.au).

### **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](mailto:president@cairnscrocs.org.au)

Have a great weekend, stay dry and train safe.

Kylie Anderson  
President



**BICYCLE CENTRE  
CAIRNS**

