



Dear Crocs Members and Valuable Friends,

If you've seen me recently many of you will know that come 21 September there will be an addition to our tri-family! Yes, I'm up the duff! Now, as anyone who has been on any Committee will know that if you have spare time, you tend to give it...and I've been fortunate enough to be able to give a lot of my time to the Crocs so far this year. After Tri de Femme, I took a few weeks off to spend with my family, and now I'm back on deck I plan on winding down and easing off my Crocs work-load leading into the big d-day. I'll still be 'around' though (pun totally intended!).

Anyhow, to the news!!

Avanti Plus Yorkeys Tri du Triple - Sunday 2nd August

Volunteers Required

Yes I know – we are always asking for volunteers. That's because we are a volunteer run club and every race is run by you, the members, for the benefit of our sport and the other members so the requests will keep on coming. As previously mentioned, by popular demand we are including a triathlon alongside the duathlon at Yorkeys next Sunday to continue the Tri du Triple race format started last year. A huge thankyou to Fiona Lenz for volunteering to Event Manage and Race Direct.

As we are running the Tri du Triple format, we will require additional volunteers to safely run this event. If you haven't volunteered yet this year, you only have three races left to fulfil this important membership requirement. If you cannot race, please nominate a family member or friend who can volunteer for you. Please email volunteer@cairnscrocs.org.au asap to put your name down. Remember that volunteers receive free coffee and bonus points toward the Club Championships!

Special General Meeting - Constitution

As our returning members will know, at the AGM last December there was a motion to adopt an updated constitution that was accepted unanimously. Unfortunately our forgetful admin officer forgot to send the update to the Office of Fair Trading in time to be lodged. Therefore we need to hold a special general meeting to re-accept the changes.

There will be a Cairns Crocs Triathlon Club Special General Meeting on Sunday, 2 August 2015 at 7:00 AM at the north end of the Yorkeys Knob foreshore, just outside the race transition area. The vote will take place before the Tri du Triple activities begin.

If you aren't going to be there and wish to vote then please fill in the proxy form (emailed to you all on the 18th July) with your choice and email it to "admin@cairnscrocs.org.au" before COB Saturday 1 August 2015. Or fill it in and give it to someone who will be there. A copy of the old and new constitutions were sent out via email to you all on the 18th July 2015. The changes are basically to clarify membership classes, remove some inconsistencies and clauses relating to the original club formation as well as clarifying and simplifying a number of minor areas.

The AvantiPlus Tri du Triple Event details and registration will be available shortly so please keep an eye on the website and on Facebook.

FOHER Multisport Tri de Femme Sunday 5th July 2015

What a fantastic day! A big thankyou to FOHER Multisport for organising the event, Race Director Renee Ker, all of our amazing Volunteers Vlasta Eriksson, Deena Keith, Sue Houlihan, Anna Beare, Margie Shearer, Brad Congdon, Clive Barber, Peter Goetze, Scott Ezard, Jo Pilat, Sean Hampson, Ross Oakley, Avril Barrett, Simone Featherby, Erin Stewart, Deb Harrison, Rohan Pratt, Mick Foy and Sharon Dean, Mick Denman from Cairns Autotune on the BBQ, the Technical Team consisting of Andrew Butler, Greg Hoff and Lynton Bowen and our timing gurus Chris Gould and Gary Bryant (our sincere apologies if we have missed anyone).

We had over 200 competitors and spectators present on the day! We received fabulous support from our valuable annual and race day sponsors including:

Nick Carling and Team Carling
Mitch Smith and Health Management
Emma Miller and EmpowerFX
Grant Moulang, Daniel Chalmers and Markwell Marine
Nathan Jones and Bicycle Centre Cairns
First Response
PTS Traffic Management

The race went off without any major hiccups and all prizes from the Charity Auction were sold! Reconciliations are nearly finalised, and although the amount to be donated to the National Breast Cancer Foundation this year won't be as much as previous years (due to the rising costs of running our races), every bit counts. Photos from the day are available on the FOHER – Multisport Woman facebook page. Feel free to download, share and tag!

Silver Sponsors EmpowerFX



EmpowerFX have been involved with the Cairns Crocs Triathlon Club for over 10 years now and are one of our official Silver level sponsors for 2015. You will have seen Emma and her friendly crew manning the registration table, handing out medals and collecting timing chips at our events this year – which is of huge service to the Club.

EmpowerFX provides a fun, inspirational and supportive environment for all athletes of all abilities to train, race and socialise together. They can tailor a training program specifically for you, your lifestyle and your triathlon goals. Whether you want to compete in your first ever triathlon or are planning on lining up for next years Ironman, they've got you covered. With your weekly training sessions, nutritional advice and training tips outlined for you, you'll benefit from the knowledge, guidance and support from the EmpowerFX team. You will be set up and ready to go for your next event. Director Emma Miller is a certified Level 1 Triathlon Australia Triathlon Coach. Check out their website www.empowerfx.com.au or call Emma on 0408158427 for more information.

Swimfit Open Water Sessions for Members

Irene Cats from Swimfit will be running two open water swim sessions especially for Crocs Members only in preparation for the Yorkeys Tri du Triple and TriPort Triathlon Festival.

Dates:

- Sunday July 26th from 8.00am
- Saturday August 15th from 8.00am

Location: Palm Cove Surf Hut opposite the Surf Club

Cost: \$5 for Cairns Crocs Triathlon Club members. Please bring your membership confirmation email as proof of current membership.

TriPort Triathlon Festival Sunday 23rd August 2015

Registration is OPEN for the 2015 TriPort Triathlon Festival! Head to our website or to the TriPort Facebook page for the course maps and updates on the event.

Race Competition Rules

There have been some key changes to the Race Competition Rules from July 2015. Please note that for draft legal races held in 2015/16 additional "Special Rules" will be developed to ensure the fairness and safety of each event. It is envisaged that these Special Rules will be incorporated into the RCR for release in July 2016.

It is important that you familiarise yourself with these rules and have a basic understanding of the changes.

[Summary of Key Changes to Race Competition Rules](#)

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/Key+Changes+to+TA+RCR+Version+1+0+July+2015.pdf>

Full Race Competition Rules

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/Technical+Documents+-+Log+in+area/TA+RCR+June+2015.pdf>

Membership Renewal

By now all Adult members will have had their membership automatically renewed (unless you manually turned it off) but all Families and Juniors had to manually renew via the “Manage your Membership” portal on the TA membership page. This means that all Junior memberships have now expired (unless you have already re-joined). Please don't forget to re-join asap to continue your Crocs and TA benefits. Remember, Crocs Juniors race for free at Crocs events! If your credit card details changed then the renewal will have failed and you should have received an email so you know to manually renew with your new details. Please keep your email address up to date. You are able to join multiple clubs and get multiple benefits.

2015 Global TriClub Rankings

Did you know that we are currently sitting 2nd overall and 1st in the Asia-Pacific region in the Ironman 2015 Global TriClub Rankings! The ranking basically enables us to measure our race performance against other TriClubs enrolled in the program both regionally and globally, so we think its pretty awesome that a regional Club holds such a great ranking! To ensure that all the points from our member athletes racing at any Ironman or 70.3 or 5150 race (and especially the upcoming Sunny Coast) go towards our ranking we'd love it if you select your Club as the Cairns Crocs Tri Club when you register for any race. Check out <http://www.ironman.com/triathlon/triathlon-rankings/triclub-ranking-overview.aspx#axzz3g!7Tdw3D> for more information and to create a profile for yourself if you don't already have one.

Call for General Committee Members

We are seeking two general Committee members who are willing to lend a hand for a couple of hours per week (and some hours over race weekends) to help run the Cairns Crocs Triathlon Club.

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. This is becoming critical as I wind down my Crocs workload.

Please email info@cairnscrocs.org.au with your expression of interest.

See you at Yorkeys!

Kylie Anderson
President

Our Valuable 2015 Gold Sponsor is:



Our Valuable 2015 Silver Sponsors are:



Health Management
Dietitians



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