

Port Macquarie Triathlon Club

Information for Members



2011/12 Season

Port Macquarie Triathlon Club Inc

2011/12 - Membership Information Book

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Welcome

Thank you for becoming a member of our club, the PMTC. We are very much a friendly, family oriented club with members covering all levels of the sport from elite/professional athletes to the *"I'm here for the fun, the socialising & I just hope I can make it"* variety. We also aim to provide a valuable, and stimulating training ground for junior competitors.

We do our best to cater for all levels of athletes. It is all about friendly rivalry and competing with safety in mind.

Membership Information

The Club membership year runs from 1st July 2011 to the 30th June 2012. Membership entitles you to compete in club races and participate in the annual point score without further cost. Note that being a member of our club does not provide you with ANY personal insurance cover.

However, 2011/12 sees the first season in which it is also a mandatory requirement for all new or renewing PMTC members to hold a current Triathlon Australia (TA) membership. This has been necessary to ensure our insurance coverage is not compromised and we can continue to provide free and fully sanctioned races to our members. Among other benefits, TA membership does provide you with personal accident insurance coverage. Note that becoming a TA member automatically gives you membership to the State Association, TriNSW.

The 2011/12 Club membership fee structure is listed below:

2011/12 PMTC Fees

- Senior (>18yrs age) \$60
- Junior (high school) \$50
- Junior (primary school) \$30
- Family Memberships \$150

If your child is in primary school for 2011 and entering high school for 2012, they may pay the primary school rate of \$30 for the entire season. Likewise, high school students finishing their HSC year in 2011 are entitled to pay the \$50 rate, and we hope we still find you in Port Macquarie and keen to continue racing with us through 2012!

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In relation to Family Memberships, PMTC has adopted the same principle as TA for 2011/12 in that any number of family members can be included within that membership fee of \$150 (i.e. 1, 2, 3 or more children can all be included). Single parent families are also entitled to use that membership if it's likely to provide you with a discount over individual memberships.

What your Club membership gets you

Your 2011/12 membership again entitles you to free entry to every summer and winter Club race. A free tech-shirt or Polo top (for an additional \$15) will be offered to all members as we get closer to the actual season's opening race on the 9th October. And by becoming a TA member, you will also enjoy personal accident insurance during, or even while training for any sanctioned race in Australia. You will also be exempt from paying any 1-day licences to other Open Races in Australia (which can be up to \$25 per race).

As for the process itself, you start at the brand new TA home page and you'll find the link to "*Join Triathlon Australia*" there. The TA membership process is undertaken first. Once completed, you will receive a receipt page which provides you with the link to move on to complete your PMTC membership.

Junior Age Limits

Please note that due to RTA recommendations, the minimum age we permit for Juniors to race on our bike course in the PMTC is 10 years. The RTA guidelines have a sound basis in ensuring children's safety, and we respect their expertise in this matter.

Contact Details & Committee 2011/2012

President	Andrew Lister (0406 316 228) lister.andrew.j@gmail.com
Vice President	Jo Pilgrim (6582 7750) elljack@bigpond.net.au
Secretary	John Tracy (0408 446 460) John.simon.tracy@bigpond.com
Treasurer	Alison McKinnon (6582 5909) jayal@bigpond.net.au
Sponsor Coordinator	Geoff Freeman (0418 678028) freemanco@bigpond.com.au
Road Safety Officer	Glenn Leman (0402 275 292) mrandslemon@bigpond.com
Publicity	Dave Barnes (0402 371752) barnesbunch@aapt.net.au

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Skills Co-ordinator	Mike Reid (0412 554668) Michael@jrf.com.au
Junior Co-ordinator	Phil Marchingo (0417 842625) philjo@ncable.com.au
Race-wear	Kate Pensini (6582 2402) kdpensini@optusnet.com.au
Club Clothing	Jason Hilton (6582 1746) nellyandjason@bigpond.com
Handicap / Pointscore	John Heckenberg (6582 5748) john@observices.com.au
Social / Food / Drinks Manager	Janelle Hilton (6582 1746) nellyandjason@bigpond.com
Equipment manager	John Tracy (6582 4676) john.simon.tracy@bigpond.com
Website	Rob Johnston redviper7@hotmail.com

PO Box 1789, Port Macquarie NSW 2444

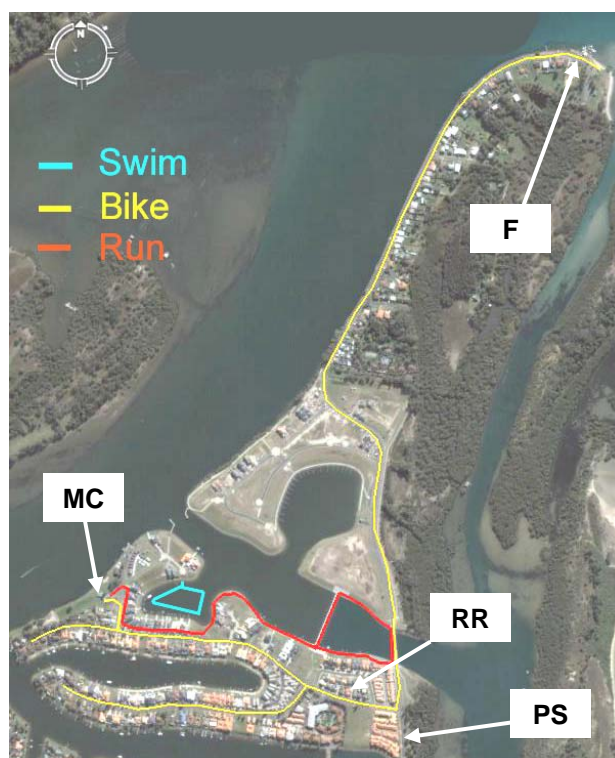
Internet Site → www.portmactriclub.com.au

Our website is a wealth of useful information and contains all membership information, Club photos, details of training sessions around town, a handy For Sale section, and a reminder of the current duty roster & Race Calendar.

Club Races and Grading

The club race calendar is re-printed at the end of this booklet. We have 13 races including full-distance events, half-distance events & junior distance events between October and May. We also have a 2-person teams' event for a bit of fun & the added bonus of being able to blame somebody else for a poor performance.

The base for most club races is McInherney Park in Port Macquarie. Drive along Park Street (PS) through the roundabout at McDonalds near Settlement City heading toward the Settlement Point Ferry (F). Take the first turn to the left (just across the bridge) onto Riverpark Road (RR), then right into McInherney Close (MC).



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You will be graded (A to D grade) based upon your time compared to other competitors on your first few races. Don't worry however – we are very quick to re-grade members as necessary as we want everyone to remain competitive and enjoy their racing in a fair environment.

First-timers are encouraged to participate in the half-distance event until you feel confident in completing a full-distance race. This is for the safety of all members competing, and thus will be at the discretion of the Race Captain on the day.

During winter, we also stage 3 Duathlons, which comprise of a run – bike – run format. These are traditionally held on the last Sundays of June, July and August. Free entry to these is included in your annual membership.

Race Safety Matters

Before each club race there will be a race briefing. You are required to be present & listen to this race briefing before you compete on the day. Of prime importance for our club races is the issue of safety, both on the roads & whilst in the water. We do not offer road closures during our events, but relevant corners will be manned by RTA-trained officials during races.

Remember whilst competing on the bike, you are a road user and must obey the normal road rules. As you are also competing in a sanctioned Triathlon event, you are also obliged to fully comply with the rules of Triathlon as set down by Tri Australia. You are advised to visit www.triathlon.org.au for full information on all Australian race rules.

As a brief summary however:

- You must keep to the left at all times whilst riding & not “block” other riders or other road traffic behind you;
- You must ensure you do not take corners too wide, and you must never cross the centre-line of the road;
- As is the case for any other road user, you are not permitted to pass a rider on their left-hand side;
- Also remember that “drafting” is not allowed in any of our club races. You must stay a minimum distance of 7m back from any rider in front of you (about 4 bike lengths or the length of a standard family car). If a rider overtakes you, it then becomes your responsibility to drop back & keep a 7m gap between yourself and the rider now in front of you.

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If you are seen to be riding in a dangerous or unsportsmanlike manner, you will likely be penalised. We have a Race Committee who will deal with any unfair conduct or dangerous racing practices observed or reported during any of our club events. These incidents may be reported by other competitors. This is not only for your own safety, but for the safety of all other members.

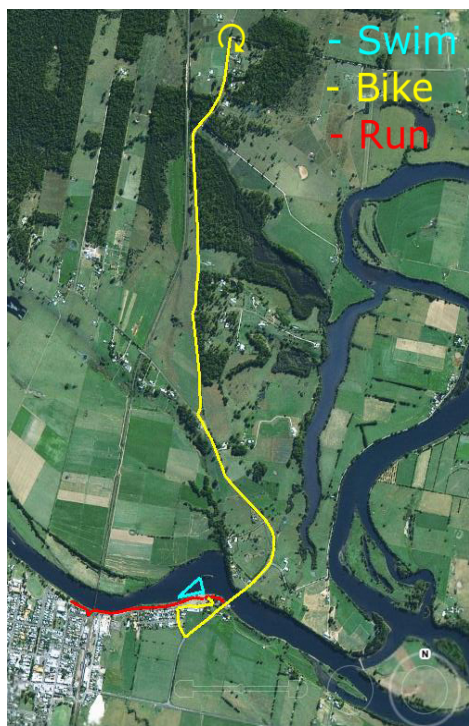
Just as importantly, we wish our Club members to race fairly and in a sportsmanlike manner when competing at other National races. Practicing safe and fair riding at the Club level should ensure we maintain the good name & reputation of our club at such events.

Race Start Times

Because we have to contend with normal road traffic on our club races, we are very strict about our registration and race start times (usually 7.00am), thus allowing us to avoid as much traffic as possible. Registration and Race Start times will be well documented in Club Calendars, email reminders and in the local media before a Club event.

So please remember, no race entries are accepted after the designated registration closing time (15 minutes before race start). Remember that we also have juniors out there competing with the traffic, so please assist us with these time requests.

Rocks Ferry Course - Wauchope



In past seasons, some of our club races have also been held at Rocks Ferry reserve located just north-east of the Wauchope township.

To get there (travelling from Port Macquarie), cross the donut on the Pacific Highway at the McDonalds & proceed along the Oxley Highway. The last turnoff to the right before you enter the town of Wauchope is Stoney Creek Rd. Turn right here, then take the first left at Princess Ave then turn right at the T intersection (the river is straight ahead).

Follow this road until you reach the car park below the bridge & you have arrived at our transition area. However, please ensure you don't park in the designated boat-trailer spaces.

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We have 1 race at our Wauchope location in our 2011/12 calendar. The race is to be held on Sunday 4th March 2012 over a testing Olympic Distance course. This race incorporates a 1.5km swim – 40km bike – 10km run. The race is open to all Club members, however it must be recognised as the significant challenge that it is. All prospective competitors should be aware of their capabilities before committing to entering the event. Its late scheduling during the calendar is designed to give everyone a good chance of building up their endurance over the season before taking the challenge on.

Camden Haven Triathlon Weekend

On the 28th and 29th January, the PMTC also holds an “open race” at Pilot Beach Dunbogan. This race is open to all comers and is a highly competitive event with entrants competing from Newcastle, Sydney, Gunnedah, Coffs Harbour and a strong contingent from the Forster Tri Club. The weekend also features “teams racing”, an ocean swim and a series of Junior Races on the Saturday including aquathlons for the younger kids from 5yrs age.

We would encourage all members to assist with this event, whether it be via the sub-committee managing the race, the setting up of tents, helping with the registrations of athletes on the day, or by simply entering the race and joining the fun. It is the Club’s major fund-raiser of the year.

Club Meetings, Suggestions & Ideas

Club Committee meetings are held on the first Tuesday of each month at 6pm at the Westport Club. An email is sent out to remind members when a meeting is coming up. All members are welcome to attend our meetings & be involved. Committee meetings are your best opportunity to have a say or contribute suggestions that would improve the running of your club.

Remember, the committee members are all volunteers having to cope with the commitments of families & work. They are genuinely doing their best to run the club for the benefit of members. We welcome constructive feedback, as well as new and innovative ideas & suggestions.

Helping Hands

A club of our size conducting a regular program of events for members cannot function without a great deal of help & assistance from competitors and/or relatives on race days. The Committee manages the day to day administration of the club, but there are not enough committee members to conduct a race day without help. In addition, the Committee are all active club members & like the opportunity to compete in club races occasionally!

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In addition to the duty roster mentioned below, all competitors present on club race days are expected to help with setting up before, and packing away after the race. Remember, the sooner you remove your bikes from the racks after the race, the sooner we can get on with the rest of the day (like head in town for an after-race coffee – always a popular option).

Duty Roster

All tasks undertaken by the Club are carried out by volunteers. This includes a number of vital tasks required to ensure that each Club race runs smoothly. The club prepares a duty roster for the season listing these jobs that members will be required to undertake during the season. You will only ever be asked to 'sit out' 1 race in any season. Attendance at your 1 allotted duty role is required for you to be eligible for the final year club point score.

If your name is on the roster for a particular day, it is your responsibility to organise a replacement if you are not available. Please do not contact any of the Committee members to organise a replacement or swap for you. However, you must advise that race day's Captain of the swap that you have arranged.

A full duty roster & job descriptions will be available on the club's website once we've finalised names into dates. During the early races of the season, a "blank" roster will be available at the registration table, so you can fill your name into a particular duty day and "task" that best suits yourself. First in, first served! We will allocate members randomly to blank spots on the roster after the first couple of races if the Roster remains un-filled.

Club Pointscore

The club conducts a point score culminating in an end of year presentation for the various grade winners and an overall club champion. Within each grade, the top fifteen place-getters for each race are awarded points ranging from 15 points for first place to 1 point for fifteenth place.

The club champion at the end of each season is the member with the most number of points across their best 8 races, irrespective of grade. This means that a "D", "C" or "B" grader has as much chance of being the club champion as an "A" grader. In fact, our recent Club champions have primarily come from our D and C Grades, so everyone's in for a shot at the Club's major prize each season.

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Individual Grade winners will be those who collect the most points within their respective grade during the year. If you get re-graded, then all of your existing points transfer with you to the new grade. To be eligible for a Grade Title, the individual must have completed in at least 5 races within that Grade during the season and completed their 1 allotted duty. Note that overall Club Champions are excluded from the count-backs for Grades Titles also, which usually results in a few surprises on Presentation Day!

Triathlon NSW Club Championships

In April 2012, Triathlon NSW will hold the annual State Club Championships just down the road in Forster. This is where all clubs from across NSW get the opportunity to compete against each other as a "Club". This is a great social weekend with a race thrown in to keep you honest.

We encourage as many members as possible to represent our club at this event, which is traditionally held over a distance of 1km swim / 30km ride / 8km run. PMTC has a proud history at this event, and has featured in the Top 10 Clubs in the state in recent years. In 2011 in fact, we climbed atop the podium of the Country Clubs, taking the title from long-time rivals Coffs Harbour and Central Coast. We also managed to claim 5th Club in the state overall, including the Metro Clubs.

The weekend is a great social event, and the Club normally puts on dinner & drinks for those members attending. As an extra incentive to attend and support our Club, every club member who represented the Club last year received a \$30 discount off their following years membership. Note, that only TriNSW members are eligible to compete at this event, which is another incentive to join both TriNSW and the PMTC! Go check www.trinswrace.org for more information.



As we get nearer that time of year when our own club calendar of events is winding down, more information about accommodation, race details and other arrangements will be made available on our website and newsletters.

Club Clothing & Race Gear

The standard membership fee includes a training t-shirt as part of your package. For a small additional fee, you can get a polo shirt instead. Make sure you make your choice known at the first Club race you attend, and that

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you collect your shirt once you join the club (Club shirts are normally ready for collection at our Xmas race which is on the 18th December 2011 this season).

In addition, we have some locally produced race-wear for sale which will give you that “professional” look (from Soft Edges Sportswear). While not compulsory, it would be great if you could wear the club colours when you compete away from home. Speak to Kate Pensini on race day in regards to the availability & special “subsidised” cost of our race-wear.



And A Word “For” Our Sponsors

We welcome every opportunity to say thank you to our many sponsors, and make you aware of their contribution to our club. They support our club in many ways such as allowing us to keep club uniform & race-wear costs to a minimum, sponsorship of the costs of our races, supply of food and drink, as well as providing various trophies & lucky draw prizes during the season. Please reciprocate by making an effort to support them.

Gold Club Sponsors



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Silver Club Sponsors



Bronze Club Sponsors



Race Sponsors



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Major Event Sponsors – Camden Haven Triathlon Weekend



**Riverview Service Centre
North Haven**

Event Sponsors – Women’s Only Triathlon



Some Useful Internet Sites

Port Macquarie Triathlon Club	www.portmactriclub.com.au
Triathlon Australia	www.triathlon.org.au
Triathlon NSW Racing	www.trinswrace.org
Ironman Australia	www.ironmanaustralia.com
Port Macquarie 70.3	www.porthalfironman.com
Run Training advice	www.coolrunning.com.au
Oceanswims	www.oceanswims.com
Hastings Valley Mountain Bike Riders	www.hvmtbr.com
Port Macquarie Cycle Club	www.portmaccycleclub.com.au
Tre-X Off-road Triathlons	www.tre-x.com.au
First off the Bike	www.firstoffthebike.com.au
Trizone	www.trizone.com.au
Beginner Triathlete	www.beginnertriathlete.com
Rapid Ascent Adventure Racing	http://www.rapidascent.com.au
Mountain Designs Geoquest	http://www.geoquest.com.au

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2011/12 – PMTC Summer Season Calendar

DATE	RACE	EVENT	LOCATION	DISTANCE	SPONSOR
18-9-11		Dementia Awareness Fun Run	Westport Park	2.5km & 5km	Alzheimer's Australia
9-10-11	1	Come n Tri	McInherney Park 7.00am	600/18/5 Half distance & junior	Nashypix
16-10-11		Forster Long Course	Forster Main Beach	2/120/20	
23-10-11	2	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior	The Good Guys
30-10-11	3	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior	ANZ Bank
6-11-11		Port Macquarie 70.3	Town Green	1.9/90/21	
13-11-11		Nepean Tri	Nepean Regatta Centre	1/30/10	
20-11-11	4	Handicap Race	McInherney Park 7.00am	600/18/5 Half distance & junior	Mortgage Choice
27-11-11		Women's only triathlon	McInherney Park 7.00am	250m/9/2.5km	Lorna Jane & Challenge Fitness
4-12-11	5	Graded enduro	McInherney Park 7.00am	(300/9/2.5) x 2 Half distance & junior	Mt Seaview Springwater
11-12-11		Canberra 70.3	Canberra Parklands	1.9/90/21	
18-12-11	6	The Equilateral Race	McInherney Park 7.00am	1.5/15/6 Junior races	Oxley Insurance Brokers
6-1-12	7	Graded Aquathlon	McInherney Park 6.00pm (Friday!)	2.5/1/2.5	Flynns Beach Pharmacy
8-1-12		Manning River Triathlon	Cundletown	500/20/5	Forster Tri Club
13-1-12		2 nd Aquathlon (if needed)	McInherney Park 6.00pm (Friday!)	2.5/1/2.5	
20-1-12		SLSC Aquathlon challenge	Flynns Beach 6.00pm (Friday!)	700/400/1.6km	
28-1-12		Camden Haven Junior Triathlons	Pilot Beach, Dunbogan	Various	Riverview Service Centre
29-1-12	8	Camden Haven Senior Triathlon	Pilot Beach, Dunbogan	600/28/6	Laurieton United Services Club
12-2-12	9	Mystery Race	McInherney Park 7.00am	? ? ?	Midcoast Windows
19-2-12		Huskisson Triathlon & Trial Bay	Husky Trial Bay	2/80/20 500/28/6	
26-2-12	10	Graded Reverse Enduro	McInherney Park 7.00am	(2.5/9/300) x 2 Half distance & junior	Robyn Doyle First Aid Training
4-3-12	11	Olympic Distance Club Championships	Rocks Ferry	1.5/40/10	Boost Juices
11-3-12		Laurieton "King of the Mountain"	Captain Cook Bicentenary Road	5km straight up!	LJ Hooker Laurieton
18-3-12		Port Macquarie Running Festival	Town Green	Half Marathon, 10km + 5km	
25-3-12	12	Glen Macintosh ETA Race	McInherney Park 7.00am	600/18/5 Half distance & junior	Bankwest
1-4-12	13	Tag-Team End of Season Race	McInherney Park 6.45am	(300/9/2.5) x 2 Half distance & junior	Northcorp Accountants
28-4-12		NSW Club Champs	Forster Keys	1/30/8	TriNSW
6-5-12		Australian Ironman	Town Green	3.8/180/42	WTC