

Members news bulletin 22nd June 2011

Hi All,

Hope you are all enjoying your winter training; just a quick bulletin to keep you all informed of what activities you can all get involved in over the next couple of months:

Spin Class: Monday 6.15pm until 7.30pm at Taupo Intermediate School with Cam. Bring your bike and wind trainer and enjoy this social training gathering- gold coin donations, which are going towards the Junior Development Program. There were 32 people on Monday night, adults and juniors with coach Cam keeping the hammer on all of them!!

Swimming: Youth Triathlon Swim Squad Training sessions have changed for over the winter;
Tuesday 4 -5.30pm, Thursday 4.30 - 6pm,
Mon, Tue, Thurs and Fri 6 - 7.30am
Sat 7 - 9am.

Pilar's message to you all: If you want to be competitive you need to be swimming at least 3 sessions at week. If you want to be on the podium - you need to be swimming at least 5 sessions per week!

Cycling: This Sunday, there will be a ride leaving the AC baths at 8.30am, for 2 – 2.5hrs, followed by a 30min run so bring running shoes if it suits, and coffee for anyone that wants after at a local café! Contact Chris Todd if you require any more information.

Other news:

Your Suggestions please: Tri Sport Taupo is your club and as a committee we welcome your input and suggestions, we would like to hear from any of our members if you have any ideas for our forthcoming 2011/12 calendar. Please email any suggestions to Gillian Smith, our club secretary: dandgsmith@hotmail.co.uk

Message from Cam: Just to let you know that you can find out more at my 'Coach Cam' Facebook page by going here: <http://www.facebook.com/pages/Coach-Cam/225992394097109> I will be posting relevant training information and also keeping you up to date with session that are on. If you are on Facebook you can 'like' the page and receive regular updates on your 'news feed'.

Volunteers required: 2011 National Duathlon Championships- Taupo Sunday 14th August:

Taupo Tri Sport has been asked to provide stewards for the National Duathlon Championships, which will be held at the Racetrack, Broadlands Road, Taupo on Sunday 14th August 2011. We need volunteers to help set up on Sunday morning, also for course stewards and for people to help pack up at the end of the day. This is an amazing opportunity for our club to help secure the National Duathlon championships for the forthcoming couple of years, which i am sure you will agree will be a fantastic event for our athletes, our sport and our town.

If you are able to volunteer on Sunday 14th August, even if you can only spare a few hours of your time, please could you respond to this email **before Monday 27th June** with the following information:

1. Your name
2. Your telephone number
3. What time would you be able to help on Sunday 14th August i.e Early morning, all morning, all afternoon or all day.

Please feel free to forward this message to anyone who may be interested in volunteering at the National Duathlon Championships.

On behalf of Taupo Tri Sport, I look forward to hearing from you.

Kind regards

Gillian Smith
Tel 021 0706411

Message from Allan Ure: You may be interested in this: <http://nearlythere.co.nz/buildup.html> I'm running the Mizuno half in full motorcycle leathers to raise money for the Muscular Dystrophy Association and to raise the profile of "Nearly There". Be great if you could spread the word!

Facebook: Did you know Tri Sport Taupo has a facebook page? An ideal way to keep in touch with what is happening in and around our club!

Keen for some CYCLING on the 25th June?

SCHOOLS CYCLING TOUR – 3 STAGES 1. Individual Time Trial, 2. Hill Climb, 3. Criterium - 1 Day of racing in CAMBRIDGE.

HOME OF CYCLING CRITERIUM – Open Grades A / B / C / D E All on the private roads within St Peter's School, Cambridge

HOME OF CYCLING OPEN DAY - Visit St Peter's School and check out the location and information that has made this the home for the proposed new Cycling Centre of Excellence and HQ for BikeNZ!

It should be a great day - all of the info and times are attached and we look forward to seeing you at the Home Of Cycling!.

Best wishes, Errol Newlands, Waikato Cycling Sports Academy, errol@onyabike.co.nz, 027 577 0079

HAPPY VOLUNTEER AWARENESS WEEK!!- NOMINATIONS CLOSE ON FRIDAY 22 JUNE.

We've all seen the amazing volunteer power in all sorts of situations throughout NZ – and none better than the earthquakes in Christchurch.

With it being Volunteer Awareness Week, why not take a look around your community at your local voluntary groups or volunteers and nominate one or two today for the 2011 TrustPowerTaupo District Community Awards??

These awards are all about recognising the work of your local voluntary groups and community organisations. New for 2011 is the Classic Hits Volunteer of the year Award which will recognise the efforts of one individual volunteer.

Voluntary groups fundraise, they build and preserve things and they host events. They coordinate health support groups, they run culture groups and they teach children new skills and sports. Some even save our lives and property when we call on them – and this is often on top of work and family commitments too.

If you take a minute to sit back and look at our community, you will quickly see that voluntary groups really are everywhere working hard to provide so much for our community- from Plunket groups to church groups, to PTAs and community projects happening in your backyard....the list is never-ending!

Making a nomination is a great way to say 'THANKS' to a voluntary group or volunteer – we all know of at least one! It takes about five minutes of your time but it will make a real difference to the volunteers you are recognising (remember volunteers are busy and modest people so they might not have time to nominate themselves!)

To nominate a voluntary group:

1.) Copy and paste this link into your address bar - www.trustpower.co.nz/communityawards - click on 'Nomination Forms and Information Forms' - then scroll down to 'Taupo'

You can fill the form in online and submit it or print it out and fill it in and return it.

2.) **OR** Call Suzi Luff on the details below, for a form or pick up a form from your local council office or service centre.

[Classic Hits Volunteer of the Year Award nomination forms are available from your local council office or service centre or from The Radio Network].

NICE AND EASY - and it only takes five minutes!

The group you nominate gets a letter saying they are in the running for a Community Award which will make the group feel really appreciated. As the nominator, you get invited to come along to the TrustPower Community Awards, to see how your nominated group goes and to hear some inspiring stories about what these amazing volunteers are achieving.

GO ON, say 'THANKS' to a local voluntary group and nominate them today!

NOMINATIONS CLOSE ON FRIDAY 22 JUNE.

Regards

Suzi Luff

Community Relations Representative

Phone: 07 572 8381 or 021 220 8894

Email: suzi@trustpower.co.nz

TrustPower Limited

Private Bag 12023

Tauranga 3143

And finally.....

If you have any suggestions for any of club activities, training, news, facebook page etc... Please do not hesitate to contact me or any other committee member, your comments and suggestions are always very welcome, remember this is your club not ours!

Kind regards

Gillian Smith

Tri Sport Taupo Secretary

Email: dandasmith@hotmail.co.uk

Tel: 021 0706411