

**Winter series training
RACES and CLINICS**

Noosa Tri Club is staging an off season (winter) series of training races over the beautiful **Noosa Tri course** and clinics hosted by the world renowned Nick Croft and guest speakers

June 16 Clinic

Programming for success (Structuring your training to be your best).

BCS Body Corporate Services June 21 Training race.... multi loop
500 swim-15km ride-4km run 1or 2 loops

July 14 Clinic

Positive thinking and sport psychology for a personal best performance

Le Cyclo Sportif July 19 Training race....masters distance
1000m swim-30km ride-8km run

August 11 Clinic

Race days tips / tricks and nutrition basics for triathlon

Coolum Cycles August 16 Training race...Olympic distance
1500m swim-40Km ride-10km run

Please view our website www.noosatriclub.net

Enter on-line by clicking on the "June 21 Training race, Multi loop" on the Left hand side of the home page, enter your details then click "register". Send your fee (\$30.00) to PO BOX 1028 Noosa Heads

The field is limited so your fee for the race must be received before the 14th of June or your slot will be offered to someone else.

Follow the same process to enter on-line for the clinics.

Payment for the clinics are "on the day".

Please e-mail Peter on clubsecretary@noosatriclub.net for any queries.