

TANDEM TALK

W.A.T.C.A.C. NEWSLETTER

ISSUE 9 - FEBRUARY 2003

Hi everyone, I trust you all had a very safe and happy New year and were very patriotic on Australia Day. If you have a memorable moment or two from those 2 events, please send it to me (Lyn Lepore) so that we can share it with all our members. This year is jam packed with social rides, fundraising events, clinics, competitions and lots more. As a new feature, I invite you all to give us feedback on anything WATCAC does from our social rides, newsletter to our fundraising events. It can be good as well as not so good. Just remember, this is your newsletter and any contributions are very welcome.

MEMBERSHIPS

We are in our second month of the year and this is just a gentle reminder that 2003 membership is due and you can contact Gaele on 9446 3416 and she will be only too happy to e-mail you a membership form or put one in the mail for you.

FUNDRAISING

We are going to have a sausage sizzle which will be held at the Bunnings Store in South Perth. The date is Sunday, 13 April 2003 and is a whole day affair, that is, from around 9am to 4pm. We are asking for volunteers to help out as we will need to go through the day in shifts. Please contact either Adriana on alepore@echidna.id.au PH. 9276 9018 also, Gaele on watcac@inet.net.au PH 9446 3416, your support will be greatly appreciated.

CALANDER OF EVENTS

SOCIAL RIDES:

these are to be held on the second Sunday of every month commencing 9 February 2003. A flyer was sent to all members regarding details of that ride. For future rides, a flyer will be sent prior to the ride giving full details of where the ride will take place. If you have any suggestions on a good route for a social ride, please don't hesitate to let any of our committee members know. Dates of the social rides are listed below for your convenience.

Sunday, 9 March 2003:	Sunday, 13 April 2003:
Sunday, 11 May 2003:	Sunday, 8 June 2003:
Sunday, 13 July 2003:	Sunday, 10 August 2003:
Sunday, 14 Sept 2003:	Sunday, 12 October 2003:
Sunday, 9 Nov 2003:	Sunday, 14 December 2003.

STATE CHAMPIONSHIPS:

40km Road Time Trial - Hopelands - Sunday, 16 march 2003 - nominations close on 5 march 2003.

Road Criterium - Midvale Speed dome - Sunday, 30 march 2003 - nominations close on 17 march 2003.

Track Time Trial 1000m - Midvale Speed Dome - Monday, 7 April 2003 - nominations close on 31 march 2003.

Track Pursuit (women & mixed 3000m: men 4000m) - Midvale Speed dome - Wednesday, 9 april 2003 - nominations close on 31 March 2003.

Track Sprint 1000m - Midvale Speed Dome - Thursday, 10 April 2003 - nominations close 31 march 2003.

Road Race (varying distances according to division) - Joondalup - Sunday, 27 April 2003 - nominations close on 15 April 2003.

National Track Championships - Sydney - 30 April to 4 may 2003 - To qualify for inclusion on the National Track Team, you will need to compete at the State Track Championships to gain selection.

Licences; a full Cycling WA licence is required (cost \$163) if you wish to compete in the State Track Championships, if you wish to do the 40km State road time trial then you can get a Day Licence (cost \$22), the State Criterium and State Road Race is run through WA Disabled sport Association and a licence is not required. For further information on licences and registration forms, contact Lyn Lepore.

TANDEM SPECIFIC CLINIC:

Saturday, 15 march 2003 - Manning Criterium Circuit - 1pm to 4pm - full details to be advised shortly. So, ask your friends or family who may be interested to come along as either a pilot (front rider) or stoker (back rider). Please give names to Adriana Lepore as soon as possible.

TRASH AND TREASURE

Items for sale:

Michael Buytels has a pair of Carnac (Legend) cycling shoes, colour blue and size 43 (european) they have look cleats on them and he also has another set of look cleats as well as a set of look pedals. He is asking \$150 for the lot, please call him on mobile: 0419 194 424 for further details.

Erin and Lennard are selling a futon sofa bed for \$100, contact them on 9246 1319 or e-mail: erin@omnibase.com.au for more details.

WATCAC cycling clothing: (contact Gaele on 9446 3416)

Sigma Cycling Jersey (made in Italy) - (Large) \$15

Australian Institute of sport Cycling Jersey - (Medium) \$15

"Festina" bib suit (these are cycling nicks with straps that go over the shoulders, very comfortable) \$15

"Gan" Cycling outfit (Jersey plus bib suit) Size 4 - \$30 for the set

Betskin long leg tights (good for winter over your nicks) Size: Medium \$10

If you have anything you wish to sell or just give away to a good home, just send it to the Editor, Lyn Lepore.

MEMBER PROFILE

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the attached Member Profile and return your form to The Editor (Lyn Lepore) Thanks heaps for that Erin.

Name: Erin Goedhart

Nickname: Girl

My best moment in Sport was: Every time I cycle with Lennart and Bug him.

Favourite person & why: Lennart, he's continuously teaching me how to be me

Favourite athlete & why: Ian Thorpe, he seems so down-to-earth

My favourite hobby/pass time is: Playing Canasta with friends

Superstitions: If you drop a fork, a lady is coming to visit, drop a knife, and a man is coming to visit.

My favourite piece of clothing: My flip flop shoes

My most embarrassing moment is: Crashing into a bus in my little 3 cylinder Suzuki - twice!

I'd hate to be without: My Mummy

If I have achieved anything in life, it is: Being happy

Favourite website: www.discoveryhealth.com

The best advice my Mum/Dad gave me is: Don't ever say " my kids won't do that "

The best job I have ever had: Working for BankSA in Darwin

The worst job I have ever had: Working in my parents importing warehouse in the school holidays as a kid

Favourite relaxation: Reflexology

My greatest weakness is: Chocolate

Any other information you'd care to share: Being blind in a group is much more fun than being blind on your own. Thanks WATCAC!

Editor's' contact details:

Lyn Lepore: 42 Kiandra Parade, Ballajura WA 6066

Tel. (H) 9249 8532 (M) 0422 064 060

Email: tandem1@iprimus.com.au

"Tandem Talk" - Member Profile

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the following questions and return your form to The Editor

(Lyn Lepore)

Name:

Nickname:

My best moment in Sport was:

Favourite person & why:

Favourite athlete & why:

My favourite hobby/pass time is:

Superstitions:

My favourite piece of clothing:

My most embarrassing moment is:

I'd hate to be without:

If I have achieved anything in life, it is:

Favourite website:

The best advice my Mum/Dad gave me is:

The best job I have ever had:

The worst job I have ever had:

Favourite relaxation:

My greatest weakness is:

Any other information you'd care to share: