



## **SPIKE OCTOBER NEWSLETTER**

Congratulations to all Spike members who recently competed at Coomera Quatreman and Half Iron man race. It was fantastic to see so many Spike supporters out there cheering their fellow members over the line. Look out Port Mac, Spike will be very well represented this year. If you are planning on going down to watch the race (April 6, 2008), book now, as accommodation is hard to find.

### **SPIKE SPRINT RACE SERIES**

The first race of the series has been met with positive feed back from all competitors, many thanks to Will Mace and fellow committee members for a great job with the course and BBQ breakfast...

#### **Race 2 - Duathlon**

Race 2 of the sprint series will be a Duathlon held on Sunday 28<sup>th</sup> October (next week) at Nundah Crit track.

Registration opens at 6:15am with racing starting at 6:45am.

This is the perfect opportunity for a short race intensity workout before Noosa.

Format	Run / Bike / Run / Bike / Run
Distance	2k / 7.8k / 1k / 7.8k / 2k
Race Entry	\$10 including bbq breakfast.

### **NOOSA TRIATHLON**

Countdown to Noosa has begun, 2.5 weeks until race day, Squads are brimming. Good luck to all squad members competing in the event.

Don't miss the opportunity to have a punt on a mate! The Calcutta will be held at the spike tent Saturday 3 November at 3.30pm.

Yes party time is on again. This year the party is being held on the roof top of The Emerald Noosa between 4.00pm and 6.00pm. 42 Hastings Street.

### **NOOSA TRAINING DAY**

Will be held this Sunday the 21<sup>st</sup> October – cost \$25.00 per person, FREE TO SPIKE MEMBERS. For further details visit [www.fidlersports.com](http://www.fidlersports.com)

## **SPIKE UNIFORMS**

There is still time to purchase your spike race kit for all up and coming events. Planet Cycles has a range of all Spike uniforms. The uniforms can be viewed on the website (follow the uniforms link) and the uniforms will be on view in the club tent at most races this season.

## **CALCUTTA RESULT.**

Cam Russell was the winner on the day after punting on Dave Patten. Well done! The total prize pool was \$800 and Cam pocketed 50% for a \$25 outlay. Cam has also generously donated \$100 back to the club to buy some drinks for the Noosa after party.

## **SPONSOR'S CORNER.**

The Valley Pool managed by Belgravia Leisure is located on Wickham Street in Fortitude Valley has recently reopened after a massive refurbishment program finished a couple of weeks ago - the complex is looking great and the pool is as clear as ever. The Valley Pool offers Spike Members discounts on pool entry both single and multi passes, swimming apparel and training equipment, Endura products and special offers on the various classes available at the centre. Just produce your Spike membership card when you enter the pool or when you are purchasing items (other than food and drinks) to receive the discount.

	Spike	Normal
Single Entry	\$ 3.40	\$ 3.90
Multi Pass	\$59.40 (\$2.95)	\$64.60

## **RACE RESULTS**

The latest race results have now been posted on the website. To review your splits from the various races be sure to check it out. If we have missed you off the list we apologise, we are in the process of updating the database for all the new members.

## **DATES FOR YOUR DIARY**

21/10/07 Noosa Training day

21/10/07 Bribie Island Tri Series Race 1      750/20/5

28/10/07 Spike sprint series race 2 Duathlon

4/11/07 Noosa Triathlon      1500/40/10

18/12/07 Spike Xmas party 5.00pm onwards (Regatta Hotel – Winterford Room)

That's it for the October Issue until next time  
**TRAIN HARD TRAIN SMART and BE SAFE**

