



# JANUARY 2012 NEWSLETTER

JAN 2012

## THE "HOFF" REPORT!

(COME ON 2012!)



Well 2012 is off with a bang with a massive selection of Races and events to look forward to on the TI calendar and our own ETC Duathlons and Brian Boru Triathlons well established on the calendar

The club committee has hit the ground running working on better club gear, new Training options and refinements, junior structure and hopefully children's activities, networking more closely with other clubs and

some adding some new features to the website.

Our new coached running and swimming sessions are up and running and very well attended. You need to be a member of TI and ETC to participate in club training sessions. Please renew your

2012 club membership as soon as you can and the best way to do this is by using the club membership renewal facility on the TI website.

As mentioned the club is running two Duathlons this year in Lees Road on Sunday March 11<sup>th</sup> and April 1<sup>st</sup> with race details now on the Ennis Tri website. The Race Directors are Hugh Dowling and Ray Touhy "Pretty Ray" and I'm sure they will not be found want-

ing for help from members to organize and set up the races. They will let us know what help they need coming up to the races and if you are not racing then your help as a Race Marshal on the day will be very much appreciated.

Hope you are enjoying your winter training with the recent fine weather and looking forward to seeing you out and about.

Barry "The Hoff" Deane!



**Burren Charity Challenge 2011**  
Mick Davis—1st Duathlon  
Aoife Nash—3rd Cycle & 2nd Duathlon

## DATES FOR THE DIARY!

- Mon 23rd Jan—Turbo Session, @ 8:00-9:30pm, Fahy Hall, Roslevan, €3.00 per session.
- 28th/29th Jan—First Aid Course, Clare Sports Partnership, Westgate Business Park, Kilrush Road, Ennis.
- STL Training Day - 28th/29th, UL Arena, [www.gotri.ie/whats-on](http://www.gotri.ie/whats-on)
- Club Gear Sizing—4th Feb from 6:00pm—9:00pm @ the Rowen

## CHRISTMAS EVENTS ROUNDUP!

YEAR ENDING ON A HIGH – WINNING!!

It was a morning to run through the Town! That's what the scheduled 17<sup>th</sup> Dec Christmas Themed Fancy Dress Cycle from the Grove turned out to be due to icy road conditions! So like lambs, 2 Santa's, Elvis Santa, Caveman Santa & Aoife Nash, joined the Anit-Santa, on a run though town taking in Abby Street, O'Connell Street x 2, Parnell Street, with a quick

drop in to Street Radio and subsequent chase up to the square by security!!! & into Dunnes & Tesco malls. Would like to take this opportunity to thanks the Grove & staff for putting on a great spread for afters!

We had a few turn up for the Christmas Day swim in Lahinch, "mad barstewards", so congratulations to Elaine Murphy, Des Broaders & Keith Butler, for

suffering the genital ingesting water temperatures on the Birthday of our Lord! All for a good cause and hopefully no lasting damage done!

It was a tremendously successful day for Ennis Triathlon at the "Burren Charity Challenge" in Ballyvaughan on the 27<sup>th</sup> Dec, with 5 from the club managing to drag there turkey filled butts over to the west

coast! With Aoife Nash taking 3<sup>rd</sup> on the Cycle and 2<sup>nd</sup> in the Duathlon and Mick Davis taking 1<sup>st</sup> in the Duathlon, on possibly the driest day we've had in a long time!, with great atmosphere & fantastic spread put on post race, hats off to Burren Cycling Club who held a great event!, and a brilliant way for the club to finish a very successful year, roll on the 2012!!!

## TRAINING

SWIMMING, TRACK, TURBO & SATURDAY BRICK!

**Turbo:** At last we finally have a venue!! These sessions will be kicking off on Monday 23<sup>rd</sup> Jan, in Fahy Hall, Roslevan from 8pm-9:30pm at a cost of €3 per session. We have a limited number of turbo's available (*Thanks Darragh!!*), so if you have one please bring it on the night. Also could you please bring along a rug or strip of carpet, something to protect the floor from scratching, the hall has only just been refurbished and we don't want to be the first people to wreck it!!

**Swimming:** The latest club swim block (3<sup>rd</sup> Jan— 6<sup>th</sup> March) is **Full!**, apologies to those who were hoping to join in on this block. For those who missed out a number of ETC members train with either the **Shannon Masters**, on Monday, Wednesday & Friday mornings in Shannon pool from 7:00am - 8:15am contact Alison Rooney on [alisonr1510@gmail.com](mailto:alisonr1510@gmail.com) for details and availability and **Ennis Masters** on Tuesday & Friday evenings in Ennis Leisure Complex from 8:45pm - 10:00pm, contact Aoife Cosgrove on email [aoife.cosgrove@opentext.com](mailto:aoife.cosgrove@opentext.com) for details and availability.

**Running:** Kicked off again on Wednesday 11<sup>th</sup> January in Lees Road Sports and Amenity park from 7:45pm - 9:00pm with STL, there are still places available, the more the merrier!!! And the more abuse we can direct at STL!!

We would encourage members that if they are doing any other training outside the clubs scheduled sessions that they post it on the websites "Shout Box" and hopefully you can get others to join in on your

session, it's a great way of motivating yourself and get to know other club members!. We do have issues with a few people who post sessions here, its advisable to get as much info as possible on what that individuals plans are for that session, eg: What?, Where? insist on GPS Coordinates!!!, expected return time/date, notify next of kin etc... we all know who we are referring to so be warned!!!, still fun though!

**"At least we know how deep the river is!" - Mick Davis**

**Mud Run—Newbie "Adrian" listens to Brian Mathias and runs flat out through a river while failing to see the foot bridge to his left! Lesson learnt right there!!**



**Christmas Themed Fancy Dress Cycle (Run!!)**  
Santa 1—Pat Moylan  
Christmas Caveman—John O'Brien  
Anti-Santa—Brian Mathias  
Elvis Santa—Barry "The Hoff" Deane  
Santa 2—Mick Davis

## CLUB GEAR

SIZING AND PRICING!

With the new race season only a few months away and with the amount of new members joining the club are holding a sizing & ordering evening on the 4<sup>th</sup> February from 6:00-9:00pm in the "Rowen Tree" for anyone wishing to place an order for either the Club Cycle Gear or Club Triathlon suits, we need to place these orders by mid-February to guarantee gear by mid April to coincide with the start of the triathlon Season (*North Tipp Sprint*).

### Cycle Gear:

Bibs/Shorts	€50.00
Tops	€45.00
Jackets	€55.00

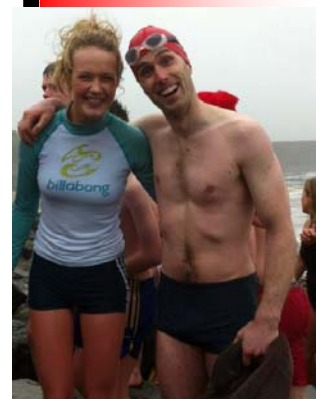
### Tri Gear:

Single piece Suit	€90.00
2 piece suit	€95.00

### Casual Gear:

Hoodies ( <i>in stock</i> )	€35.00
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All gear will have to be paid for prior to orders been sent to the manufacturer, we are aware that certain members who would like gear but possibly could not afford to pay the full amount up front, a payment option is available.



**Christmas Day Swimmer!**  
Keith Butler—and ??(Who is she Louise?, and where is her hand?!, I'd have words!, questions need to be asked!!), well done you nutter!!

## MEMBERSHIP 2012

CLOSING DATE FOR RENEWAL 31<sup>ST</sup> JANUARY!

Due to insurance reasons we are requesting all members to renew before the 31<sup>st</sup> January 2012, this can be now done on the Triathlon Ireland website, when you sign up to be a member of TI there is

an option at the end of the form to become a member of a club. If you have already signed-up as a member of TI but to of the Club yet you can still join the Club by logging into your account the

option will still be there to join.

The club is still offering the facility to sign up as a member with the application form found on the website, please hand the completed for and fee to

any committee member at any one of the club training sessions.

Those who have not renewed by the 31<sup>st</sup> Jan, will no longer receive Text / email alerts on training or events and will no longer be able to participate in club training sessions

## UP COMING EVENTS

TRAINING & TRAINING

### First Aid Course:

Clare Sports Partnership are holding a First Aid Course on the 28<sup>th</sup> & 29<sup>th</sup> January we have 3 spaces available. Anyone interested in doing the course please contact Alison Rooney [secretary@ennistriclub.com](mailto:secretary@ennistriclub.com) as soon as possible as we need to confirm places! The club is subsidising this so there will be no cost to participants

**The GoTri Coaching Team (Stephan Teelinh Lynch):** Endurance training weekend on the 28<sup>th</sup> & 29<sup>th</sup> of January at the University of Limerick. The weekend

will consist of 4hrs of Pool time, focusing on **Aerobic Endurance** sessions with drills and technique work Cycling time over the weekend will be 5hrs, both turbo trainer and road sessions. The bike sessions will focus on Power development and time trial training sessions that you will be able to take away and use in your own training time. (hand-outs included) core training 40mins. We will focus this session along with foam rolling to help you achieve an optimal balance to your core/flexibility routine run session drills and hills.

Drills to help you run faster off the bike and hills to help both build strength and used a secret speed session. Cost of the weekend €95 for more information please visit <http://www.gotri.ie/whats-on>.

**Irish Long Course Masters Swimming Championships—2<sup>nd</sup> & 3<sup>rd</sup> March**, for those members who are swimming with Ennis or Shannon Masters and is a competitive member of Swim Ireland, closing date for registration is the Friday 3<sup>rd</sup> February for more information please visit

[www.limerickmasters.com/](http://www.limerickmasters.com/) events include 1500m & 800m among others mixed FC & it's a great way to see how your swim is coming along prior to the start of the season.

### Trail Run:

For those brave few who have against their better judgment come along to the Mud Run sessions on Sunday mornings, there is now an event that is easier, [www.madventuremarathon.com/](http://www.madventuremarathon.com/) kicking off on the 15<sup>th</sup> April, organized by STL & crew, full and half marathon distances, teams and individuals, great break

## ANY OTHER BUSINESS

TRAINING & TRAINING

### Membership:

Just a reminder that Ennis Tri Club members Who are not racing can join TI as associates and still train with club!

### Duathlon & Brian Boru:

The Club is still looking for volunteers to help out in either to organisation of the event or helping out on the day so if anyone is interested please

contact Hugh Dowling on mobile 0863402753 or [hughdowling@gmail.com](mailto:hughdowling@gmail.com). For the Duathlon & Brian Mathias on 0868528535 or [bjmathias@gmail.com](mailto:bjmathias@gmail.com). For the Brian Boru.

As a member of ETC you are obliged to marshal or provide a volunteer in your stead for at least one of our club races. It's a great way to get the goodie bag without putting in the effort 😊

### How to Improve the Club?

If you have any ideas on what you would like the club to be doing e.g.,

courses you would like us to hold, training sessions etc.. Please let us know, this is your club and your input is invaluable to us so let us know what you think.

### And Finally:

So now the Christmas & New Years festivities are now a Drunken, Turkey, Selection Box Sandwich, blur in most peoples minds, its now time to stop trying to mould the couch cushions to fit the contours of your now oversized butt!, and look forward to new year of racing!.

**COME ON, 2012!!!!**

NO PICS AVAILABLE  
(THANK CHRIST!!!!)

### Christmas Social!

EH, Does anyone know what happened? I'm missing several days memory? And I don't believe what Brian's telling me!



ITS NOT "MY BUTT MUSSLES ARE SORE" ITS "MY GLUTEUS MAXIMUS ARE SORE" !