

TRI-ING TIMES

The official newsletter of Triathlon WA - September 2009



TRIATHLON
WESTERN AUSTRALIA



Welcome again to another season to all new members and of course, our returning members.

The winter has been a busier than usual time this year, especially for those WA athletes who have been training for the World Championships (Olympic and Sprint distance) on Gold Coast next weekend (13 September). Hope all the training has gone well - you should be tapering by now, so good luck for your race and see you out there doing your best and WA proud.

Of course, some athletes are also training for the Long Distance World Championships here in Perth (October 25) - only 7 weeks to go - so that's exciting as well.

Let's make it a memorable World Championship event, so we want to see all of you (and your friends) out there supporting our athletes competing against the World's best and hopefully we may see some World Champions from amongst us.

We welcome the new TWA Board members Judi Clemie and Mark Batten, and the other board members who continue on doing a great job from last year - Annie Brinkworth, Justine Bolton, Sam Prince, Pete Minchin, working together with our EO Hayley Lethlean and the TWA Office.

In the last few months, we have held the Triathlon WA Clubs Forum and the Triathlon Coaching Course (Level 1) - both well attended, plus Triathlon resurgence in the North West with Hedland Tri Club and Broome Tri Club running new events.

Our Triathlon Excellence Program continues to grow with a part time coach now appointed. Another recognition factor for WA in this area is having the Australian Sports Commission recognise Perth as a Triathlon "Hot Spot" for talent development and adding in some of their resources.

Each year a major challenge for us is to finalise the new TWA season calendar as early as possible so you can all plan your season. This is due out any day, and is filled with a list of great events including State Series, along with some new incentives for all competitor categories. Make sure you get along to the first State Series event in Bunbury, as it is a fantastic venue and race.

We are also pleased to announce that the season ending Sunsmart Busselton Festival of Triathlon will again feature the Busselton Half Ironman - so get ready for entries when they open. So stay tuned for more announcements on the TWA website and good luck for the season ahead - stay safe, respect yourself and others, and remember to smile, it is fun after all.

See you all at the TWA season launch on October 14th, if not before out on the training track somewhere.

Cheers

Peter Rash
TWA President

Swish Design



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specialists - web and graphics*
www.swishdesign.com.au

CONGRATULATIONS!

The following Triathlon WA Members have been selected as the final team for the ITU Olympic Distance Triathlon World Championships in the Gold Coast, Sept 2009.



2009 Perth
ITU Long Distance Triathlon
World Championships
ldworlds.org.au

OLYMPIC DISTANCE

ITU Age Category	First Name	Last Name
18 - 19 years	Alex	Bailie
18 - 19 years	Ryan	Bailie
18 - 19 years	Joseph	Kierath
18 - 19 years	James	Lewin
18 - 19 years	Michael	Lori
20 - 24 years	Nick	Murray
20 - 24 years	Lajos	Varga
25 - 29 years	Dannielle	Cousins
25 - 29 years	Sandy	Crowe
25 - 29 years	Jasmin	Dillon
25 - 29 years	Tineke	Hancey
25 - 29 years	Katrina	Mercer
25 - 29 years	Steven	Anstee
25 - 29 years	Michael	Kent
25 - 29 years	Brynt	Mcswain
30 - 34 years	Kimberley	Holman
30 - 34 years	Kylie	Pepper
30 - 34 years	Jason	Nuttman
35 - 39 years	Jane	Snowden
35 - 39 years	Stuart	Durham
40 - 44 years	Emma	Gillard
40 - 44 years	Nathalie	Laurendeau
40 - 44 years	Elizabeth	Sinclair
40 - 44 years	Bradley	Hosking
40 - 44 years	Rod	Marton
40 - 44 years	Ross	Pedlow
40 - 44 years	Michael	Priest
40 - 44 years	Michael	Roberts
45 - 49 years	Kerry	Bailie
45 - 49 years	Janet	Ferguson
45 - 49 years	Loretta	Wesley
45 - 49 years	Jane	Yovich
45 - 49 years	Michael	Bowles
50 - 54 years	Andree	Carr
50 - 54 years	Mark	Batten
50 - 54 years	Alan	Nicholls
50 - 54 years	Barry	Silverlock
55 - 59 years	Sandy	Tindale
55 - 59 years	Chris	Kiley
55 - 59 years	Robert	Pickard
60 - 64 years	Jan	Billinness
60 - 64 years	Peter	Ranford
60 - 64 years	Robert	Scott

This is my biggest race so far and wearing the green and gold is such a big motivator

James Lewin

At least I will get to do the swim this year

Brynt McSwain

Us old guys just have to keep it together in training and get to the start line

Ross Pedlow

Its just going to be such a whole great experience & watch out for my run leg

Mike Lori

CONGRATULATIONS!

The following Triathlon WAMembers have been selected as the final team for the ITU Sprint Distance Triathlon World Championships on the Gold Coast, Sept 2009.



2009 Perth
ITU Long Distance Triathlon
World Championships
ldworlds.org.au

SPRINT DISTANCE

ITU Age Category	First Name	Last Name
Under 18	Ella	Trimboli
18 - 19 years	Adele	Richards
20 - 24 years	Katy	Duffield
20 - 24 years	Michelle	Duffield
20 - 24 years	Steven	Gleeson
20 - 24 years	Glenn	O'Connell
20 - 24 years	Karl	Reindler
20 - 24 years	Andrew	Tyack
25 - 29 years	Christella	Phipson
25 - 29 years	Andrew	Luraschi
25 - 29 years	Nat	Williams
35 - 39 years	Matthew	Blackwell
40 - 44 years	Yvonne	Rash
40 - 44 years	Natalie	Roberts
40 - 44 years	Russell	Platts
50 - 54 years	Miles	Dracup
50 - 54 years	Peter	Rash
55 - 59 years	Clive	Choate
60 - 64 years	Ann	Blatchford
65 - 69 years	Pauline	Wiltshire
65 - 69 years	Ivan	Wiltshire

Representing Aussie for the first time and going head to head with my twin sister will be awesome

Michelle Duffield

I am looking forward to the warmth in Qld after a cold winter of training

Ivan Wiltshire

CONGRATULATIONS!

The following Triathlon WA Members have been selected as the final team for the ITU Long Distance Triathlon World Championships in Perth, October 2009.



2009 Perth
ITU Long Distance Triathlon
World Championships
ldworlds.org.au

LONG DISTANCE

ITU Age Category	First Name	Last Name
20 - 24 years	Caitlin	Bridgland
20 - 24 years	Tessa	Garside
25 - 29 years	Sandy	Crowe
25 - 29 years	Lisa	Delarentis
25 - 29 years	Jasmin	Dillon
25 - 29 years	Lauren	Jones
25 - 29 years	Morgan	Marsh
25 - 29 years	Kellie	Mathers
25 - 29 years	Lisa	O'Neill
25 - 29 years	Julie	Saunders
25 - 29 years	Nat	Sumner
25 - 29 years	Jenni	Tibbits
30 - 34 years	Kimberley	Holman
30 - 34 years	Julia	Marr
30 - 34 years	Sarah	Thompson
30 - 34 years	Melanie	Wray
35 - 39 years	Hannah	Lawton
35 - 39 years	Amanda	Smith
35 - 39 years	Melanie	Watson
40 - 44 years	Judi	Clemie
40 - 44 years	Rebecca	Errey
40 - 44 years	Suzanne	Laidlaw
40 - 44 years	Lesley	Mcdonald
40 - 44 years	Natalie	Roberts
40 - 44 years	Sally	Scaffidi
40 - 44 years	Susan	Scott
40 - 44 years	Elizabeth	Sinclair
40 - 44 years	Tarnia	Stone
40 - 44 years	Donna	Todesco
40 - 44 years	Suzanne	Watt
45 - 49 years	Kerry	Baillie
45 - 49 years	Anne	Brinkworth
45 - 49 years	Naomi	Edmunds
45 - 49 years	Liana	French
45 - 49 years	Sue	Libbis
45 - 49 years	Karyn	Lowe
45 - 49 years	Dianne	Scott
45 - 49 years	Desiree	Silva
45 - 49 years	Helen	Vagnoni
45 - 49 years	Loretta	Wesley
50 - 54 years	Mary	Cornelius
50 - 54 years	Gaye	Dadd
50 - 54 years	Robyn	Scott
50 - 54 years	Nancy	Warnock
20 - 24 years	Adi	Cohen
20 - 24 years	Nick	Murray
20 - 24 years	Glenn	O'Connell
25 - 29 years	Cameron	Bartram
25 - 29 years	Alex	Larson
25 - 29 years	Andrew	Luraschi
25 - 29 years	Brynt	Mcswain
25 - 29 years	Adam	O'Byrne
25 - 29 years	Simon	Rate
30 - 34 years	Douglas	Brightwell

It's so exciting to be in the green and gold and competing for Australia locally here in Perth

Lisa O'Neill

Looking forward to the after party

Annie Brinkworth

It's my 4th Worlds after first one being in Florida as an elite way way back in 1990. But still looking to really perform at my very best in my age group with a top 10 result

Loretta Wesley

This is my 10th Worlds in the green and gold but the first in Long distance so survival is the big focus

Robyn Scott

CONGRATULATIONS!

The following Triathlon WA Members have been selected as the final team for the ITU Long Distance Triathlon World Championships in Perth, October 2009.



2009 Perth

ITU Long Distance Triathlon
World Championships

ldworlds.org.au

LONG DISTANCE

ITU Age Category	First Name	Last Name
30 - 34 years	Luke	Goard
30 - 34 years	Jeremy	Hanrahan
30 - 34 years	Raymond	Lampard
30 - 34 years	Glenn	Martinovich
30 - 34 years	Paul	Mckiernan
30 - 34 years	Jason	Nuttman
35 - 39 years	Stuart	Durham
35 - 39 years	Mathew	Jennings
35 - 39 years	Neil	Mendum
35 - 39 years	Vince	Middleton
35 - 39 years	Jeremy	Millar
35 - 39 years	Anthony	Palmer
35 - 39 years	Shao	Wu
40 - 44 years	Steve	Atkins
40 - 44 years	Mark	Hoffmann
40 - 44 years	Bradley	Hosking
40 - 44 years	Craig	Kimpton
40 - 44 years	Paul	Newman
40 - 44 years	Michael	Priest
40 - 44 years	Michael	Roberts
40 - 44 years	Russell	Platts
45 - 49 years	Bill (William)	Armstrong
45 - 49 years	Michael	Bowles
45 - 49 years	Sandy	Burt
45 - 49 years	Andrew	Eldridge
45 - 49 years	Darryl	Harris
45 - 49 years	Timothy	Howley
45 - 49 years	Richard	Kelso-Marsh
50 - 54 years	Mark	Batten
50 - 54 years	Steve	Bertling
50 - 54 years	Richard	Burnell
50 - 54 years	Miles	Dracup
50 - 54 years	Jim	Hedderwick
50 - 54 years	David	Laidlaw
50 - 54 years	Lindsay	Mcauliffe
50 - 54 years	Alan	Nicholls
50 - 54 years	John	Nolan
50 - 54 years	Peter	Rash
50 - 54 years	Barry	Silverlock
50 - 54 years	Ian	Thomas
55 - 59 years	Geoffrey	Grose
55 - 59 years	Chris	Kiley
55 - 59 years	Neville	Knuckey
55 - 59 years	Angus	Lawson
55 - 59 years	Raymond	Passmore
55 - 59 years	Robert	Pickard
55 - 59 years	David	Whiteley
60 - 64 years	Steve	Brown
60 - 64 years	Graham	Crocker
60 - 64 years	Peter	Ranford
60 - 64 years	Robert	Thomas

Hoping to have my best race that I will ever have

Darryl Harris

Just looking forward to being able to get on that start line

Sandy Burt

Getting through that run leg and finishing

Alan Nicholls

RUNNING and RIDING for a living



Life with Perth's Duathlon Man

99% of people in multi-sport ask why I don't just swim and do Triathlon? The simple answer is that if you can run fast enough, you simply don't need too!

If you can run and bike fast, or simply don't have the time or inclination to swim, you don't need water to find your racing outlet in Europe. More personally, duathlon is a great physical challenge and if I keep working to the very best of my ability in training I can envisage myself as World Champion. That fires me up and gets me out the door twice everyday to train.

Pro Life.....Training and Racing in France

The majority of Elite Duathletes race in the French Grand Prix system for a club which is aligned with a French town (or ville in France). The town will have a recreational budget, part of which is assigned to a sport, or sports, that the Ville wishes to support or use to promote itself. The

club will also receive funding from the department (or State) in which it is located and receive Prize Money from the French Triathlon Federation based on end of year rankings. This system provides most of the support for smaller sports like Triathlon, Athletics, Duathlon, Amateur cycling and so on, who fail to attract mainstream media attention. In Duathlon, each Club has 5 members for each of the 5 Grand Prix Races in the French Grand Prix Series and the top 3 athletes in each team have their finishing positions added up. The lowest score wins and teams are classified from 1st to 15th. Over the course of the season, points from each round are added to decide the "French Club Champion".

The clubs and not the race organisers, pay the athletes at each race and cover the costs of transport to and from the race (from within Europe), accommodation, race entry, uniforms and meals on the race weekend. For the bigger Triathlon teams, it is not uncommon for a World Champion to receive appearance fees of 10,000 Euro (AUD \$16,500) per Grand Prix (which is televised in France), whereas in Duathlon the highest paid athlete receives around 2500 Euro (AUD \$4250) per Grand Prix.

As an example of a "normal" training and race week, I will discuss the week before my final French Grand Prix race in Chamount. My wife, Lianne and son, Sebastian had just headed back to Oz so I was riding solo for the last week of the trip. I had just done a race in Spiez, Switzerland. After the race, I traveled immediately 2.5 hours back to the Swiss/French border at Basel and stayed the night with the family of Swiss Cannondale Manager, Cedric Hasenfratz.

The Swiss food and hospitality is always first class and the training is incredible. Clean and fresh air, beautiful lakes, rolling hills (or mountains if you want them) and awesome natural running trails (without cement).

I couldn't do too much training though as I was up early the next morning and spent 11 hours on the train in transit back to my French home in the middle of the country, Clermont Ferrand. The train can be mind numbing if you don't bring your own book, computer or magazine.....Sebastian had short circuited my computer long ago with an ill directed toilet stop during "nappy off time" and I forgot my magazines, so it was a very long, slow trip staring blankly out the window and day



When you are racing professionals at the highest level, there is a minimum amount of work required to be competitive, let alone the best. Once a critical mass of people is willing to do a certain volume of work, the bar is raised and you are going to miss the boat unless you do the same or more.

dreaming. The most exciting thing was trying to avoid the train conductor and getting charged an extra 20 Euro for my bike!

Once back to France, it was 6 days till the next race. As I was essentially back in base training for the World Championships in September, my volume was quite high. For the last 3 weeks of the campaign, each week I would get one long ride (3-4 hours), 1 long run (1hr 45), 1 sharp run session (20 min WU and CD plus 20 minutes of fartlek 1:1 work recovery), 1 sharp bike (30 min WU and CD plus 30 min 1:1 ratios) and the rest of my sessions were easy 1 hour runs and 1.5-2.5hr bikes. I train twice everyday, except Friday, where I skip riding.

When you are racing professionals at the highest level, there is a minimum amount of work required to be competitive, let alone the best. Once a critical mass of people is willing to do a certain volume of work, the bar is raised and you are going to miss the boat unless you do the same or more.

If I have any advice for young West Australian du/triathletes it is that you need to look beyond the local scene to get insight into the training required to be a world class athlete. The culture of racing and training here is very much participation based—which is fantastic for the critical mass—however it can be extremely limiting for a youngster who is green to the possibilities that are available if they are willing to work harder and dream of more.

The guys I train with in Clermont Ferrand are friends from my first French Club, Montlucon. They are all Professional athletes or Uni Students and are great company, as well as great athletes. I need to learn more French and I think the boys are starting to hint that I should pull my finger out and do a course this summer. Between training, there is lots of food shopping, playing in the park, cooking, coffees, midday sleeps and ensuring energy expenditure is minimized. The weeks go relatively quickly, especially with Sebastian around to play with and take for his "Babycino" when Lianne needs a break. It is also great that everything is so close in Europe and North Africa,

so in quiet weeks it is easy to get away with Lianne and Sebastian and we did two trips during this tour—one to Morocco for some culture and the other to Munich for some indulgence.

By Friday afternoon, it was back to game time and I departed Clermont Ferrand and headed up to Paris, before connecting to Chamount for the weekend race. I had learnt my lesson and was more prepared for this trip and had plenty of old French triathlon mags to read. Our team has a reasonable budget so our hotel on arrival in Chamount was a 3 star abode and we always team up with a room mate for each race in twin share. The food served at lunch and dinner always seems to be pasta with tomato sauce and cheese plus a heap of baguettes. Never much variation and certainly not Michelin Star material, but perfect pre race nutrition. For this event, I was with Belgian Nic D'Harveng who is an emerging tri/duathlete with a killer run. The rest of our team was 2*World Long Distance Champion, Joerie Vansteelant plus 2*World Junior Champion, Sergio Silva and French Tri/Duathlete and strongman on the bike, Tommy Degham

If you have ever seen a critical mass of young French/ Belgian men, they tend to be a little bit more conservative and appear more polished than their Aussie counterparts, fortunately that is all superficial and I manage to quickly pull them into line and get the topic back in the gutter. It is always great fun with a good group of team mates and it is a really enjoyable time pre and post race just chilling out and getting ready to compete.

The night before the race, we trialed our team formation for the bike and things went smoothly, after dinner we then had a rev up from our Manager, Patrick Sanchez. Patrick is a passionate guy and loves Duathlon, I really enjoy working with him and he treats his athletes with respect and professionalism. The proof of this is the caliber of athletes who race in the Mulhouse colours and have won so many titles for the club.

The next morning is race day. In France, most races are conducted in the early afternoon and get a good crowd of interested supporters and curious locals seeing what all the fuss is about. In this race,

the teams go off from lowest ranked to highest ranked, so we are off second to last. We are aiming for nothing more than a victory to try and catch leading club Marville in the season rankings.

Once the gun fires, we are straight onto 2.55 per km pace with Sergio Silva (29.20 10k runner) pushing the pace. Once on the bike, we are immediately up to high speed and Sergio and Nic are dropped within 1km. 3 athletes have to cross the line together to record the Team time, so we quickly assess the situation and make a quick decision to keep going. Tommy was absolutely incredible on the bike, as we averaged 46.5 km/hr on a rolling course and got onto the final run with a 50 second lead over all other times. We got to enjoy the last run and celebrate a great victory.

One of the strange adaptations at peak racing fitness is how the experience becomes almost automatic, some people call it the "Zone", normally the only thing that clicks you out is the finish line or a transition which requires increased concentration or effort—this race was strange because I never got out of the pocket because we didn't need too sprint and had to actually cross the line all together. In that way, it was a great way to finish the trip, taking a win without having a gut wrenching sprint finish.

Unfortunately, the post race celebrations were short lived, as we were immediately taken off for Drug Testing. Basically, your supervisor is with you from the moment you are informed of the test, till after it is completed, so it is like having a shadow. I always try to drink as much fluid as possible immediately so I can get my testing finished before anyone else. Today it was particularly important to get in and out first as my train was leaving in 2 hours to take me straight to Paris Charles De Gaulle Airport for my flight home to Lianne and Sebastian.

Hope that gives some insight into the life of an athlete racing in France....

Raf Baugh
www.rafaelbaugh.com

Broome Tri Sports Association returns...

The club that was first formed in 2002 had a couple of quiet years recently and now with some extra arrivals into town, renewed enthusiasm and a great training environment it has just re-registered as a Club with TWA for the coming 2009/10 season. This year the membership would be aimed at achieving around 45 plus sign ups and would be a mixture of the many local sports enthusiasts, some relocated Perth triathletes, those fairly new to the sport via the upcoming Broome Triathlon and a group of juniors.

With the club using the central location of the Broome Aquatic Centre on weekends for their training sessions it will soon prove to be a well known & popular training start point. The Kimberley area only allows ocean swimming from April to October and after that the stingers take over so the triathlon season is a little different to Perth Metro. The club intends to run around

4 community events per year (triathlon & also multisport) so as to generate some income for the club and give their local sponsors some value. This will also fall in line with their vision ---Of providing Broome with community events and a triathlon experience from the novice through to the experienced

The biggest event on the calendar is the Cable Beach Broome Triathlon over a distance of 600/20/5. This is being held on Sunday Sept 6th and has ocean swim, road and pathway surfaces for the other 2 legs. Some of the talented locals hoping to podium include Paul McSweeny, Peter Hanna, Simon Rimmer, Dave Croft and last years winners Brad Carr and Donna Dickson. The juniors also have a short course event and the overall field size is expected at around 200 based on the 2008 event numbers.

Log onto the Broome Visitors Centre website for the many accommodation options www.broomevisitorcentre.com.au if you are interested in a sunny, warm weather winter triathlon in a few weeks time.... plus a little R&R whilst there.

For entry form contact: michelleandbrad2@bigpond.com
(For any TWA members a discount also applies)



PERFECT



Busso Half memorabilia is sometimes just priceless!

Email received by TWA - August 2009

Both my husband & I trained very hard this year to compete in our first ever half ironman event. Our times don't reflect that we were high achievers but believe me we trained hard as often as we could. This is way above anything we normally would compete in. My husband (Geoff) has family in Busselton & last Christmas we brought 3 of our eight children over there for a holiday. It was then that the relatives were talking about the Busselton Half Ironman event which was going to be held in early May. That triggered alarm bells in my husbands head & when we got home to Qld he commenced training for the half ironman. I was going to be his support person but

ended up training hard with him & thought I should give it a go as well. Anyway we did complete the course & had an absolute ball doing it. The whole event was really well organised & we have been left with a great sense of satisfaction. My husbands pride & joy from the event is his Busselton Half Ironman cap which recently fell out of the car at night when he got out & didn't realise it had landed on the ground. The next day I found my husbands cap in shreds lying on the ground near our back door. My husband was devastated. I would have given him mine but I had already sent it to my father in Victoria. I have enclosed photos of the remains of the cap in its current state. I am hoping that you might have another cap I can have as a replacement.

PS. Geoff has now been sent a new cap

Some big training sets...

A set for Felicity Sheedy-Ryan 2 weeks before her Ireland win.
Swim set by Grant Landers - UWA Club.

3 x 200	Free as:	Swim, Ki/Sw x 50, Drill - 6x2	15 RIB
8 x 50	Free	Even Pace (+10)	50
4 x 100	Fly/Ba x 50		1.50
4 x 100	Ba/Br x 50		1.50
4 x 100	Free Kick		2.0
2200			
6 x 100	Free	Even pace - aim for 10 sec rest	1.25
6 x 50	Fly		1.00
6 x 100	Free	Even pace - aim for 12/13 sec rest	1.30
6 x 50	Back		55
6 x 100	Free	Even pace - aim for 15 sec rest	1.35
6 x 50	Breast		1.00
6 x 100	Free	Even pace - aim for 12/13 sec rest	1.30
6 x 50	Free	Even pace - aim for 8/10 sec rest	45
3600			
FIns			
200	Back	Ki/Sw x 50	
200	Free	Drill - 6 x 2	
200	Kick	Lateral - changing sides at 50	
4 x 50	Drills	2 - 6 x 1, 2 - BaRalada x 7	
800			
Total 6600			

Run Track Session:

Carol Hughes - Wellbeings Coach & Freo Triathlon Club

Following an easy run and stretch we always do a plyometrics component which involves skipping, hopping, 'bouncing' on the spot, 'fast feet' into run-throughs and bounding up a short incline. And some technique work. This main set is one we might use during the heaviest phase of our programme. I use a model that well known American distance run coach, Jack Daniels, devised. This site enables us to determine various training paces: <http://www.runbayou.com/jackd.htm>

2 x 400m @ Repetition pace, 200m jog recovery. This is for leg speed and run economy.

This pyramid is aimed at improving Max VO₂.

1 x 800m @ Interval Pace, 200m jog recovery;

1 x 1000m I-Pace, 200m jog recovery;

1 x 1200m I-Pace, 2 min recovery.

Better conditioned athletes continue with 1 x 1000m @ I-Pace, 200m jog; and 1 x 800m @ I-Pace, cool down.

In order to fire up the fast twitch muscle fibres we often finish with 4 x 200m or 6 x 100m at Repetition Pace with a 1:1 work/rest ratio.

This is a pretty big set and only the most experienced and well conditioned athletes would do all of this. The same principles apply to others just scaled down.

09/10 AD RATES FOR TRI-ING TIMES:

- 1 page footer banner \$90
- Classified line \$45 (TWA members only – no retail)
- Half Page \$120
- ¼ page \$60
- B/card \$30

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