

As many of you have learned it's to be caressed and treated with loving-care, and happens to be used as a great mode of transportation.

## "What's This Thing Between My Legs?!"

When you stroke it, it responds efficiently, and when you buff it from time to time it shines and people notice how pretty it is. You keep it trimmed so its weight is at a minimum and forces people to want to touch it to see how much it weighs. When you're responsible you put rubber on it so it doesn't go flat and has the ride quality and performance you're looking for.

## Don't argue, you NEED a Professional

SAM @ PARISBIKECO.COM

Your performance is enhanced after you've been in my hands, as many have learned there's always room for improvement. I use nothing but the best lubricant and I like to make you sweat for around an hour. I'm not sure why you're hesitating!







**Kilt & Krawl Pub Run!**  
Starting at The Highlander  
29 November, 14h00

- 3 pubs, 4 pints, 5km
- Prizes!
- Kilts!
- 1st back wins
- Underwear optional

**5 Euro Entry**

## Dr Who...lio's Gadget replacement service



Feel lost when using your GPS ?  
Wasting time searching for a watch ?  
**Well fear not !** With this simple time-travel service you can relax and buy whatever gadget you want, then, if after 3 months you still haven't figured out how to use the damn thing, you can just go back in time and get a different one - **Problem Solved ;-)**



November 2015 60 € année 5  
MINI

# JOURNAL DU TRIATHLON

Officially 3rd Largest Tri club in Paris

## ...and going after the big boys



This year the team has continued its amazing evolution, and we officially overtook Paris Racing team, to become Paris' 3rd team, (behind CNP and Stade Français). To show how much we have evolved we now have an annual training plan, and a weekly planning that includes daily training sessions, not forgetting our first Pro Triathlon Coach: Sylvain Dodet.

## A Solution for swimming in Paris ?



It's difficult to find an empty 50m swimming pool 5 minutes from work - but how's this for a possible solution? Let's petition the Mairie de Paris to buy several thousand endless pools !!

## Pin-up of the Year



César likes to swim, cycle and run, but most of all he just likes to strip down in the showers and work himself (and others around him) into a frenzied soapy lather.....



## This season's literary round-up...

Dozens of you travelled  
to races near and far,

With bikes and bags and babies  
tightly stuffed inside your car,

The swim and bike and run went well  
celebrations in the bar,

Then you got home and wrote a blog  
so each of you's a star.



Over 70 blog contributions this year is an amazing achievement - only possible with people who are loving their sport, and appreciating the team, so thank you all - plus it makes our website one of the most viewed Tri team sites in France !



### FOR SALE BY OWNER

Slightly bent tri wheel - otherwise like new.  
Will throw in a free tyre (with inner tube). Leading brand.  
Easy repairs if you're handy.  
3 beers or best offer.

## 2016 Launch

**Its confirmed - 20th March 2016**  
The 3rd édition of the Paris Super Sprint, the Expatriés team's very own self-organised event.

This year we will skip the final and trophies will be awarded simply for best time at the end of the day - as always we will need helpers though - so get those timing fingers ready !

# PARIS SUPER SPRINT

# Expatriés Challenge

## Découvert (xs) & Sprint(s) & Olympic (m)

The challenge is now in its 4th official year, and each year we are getting more and more professional with a dedicated Points Master this year. Competition was tight as well, with the top spot of the Veteran Men's category changing late in the season at Toulouse.

The most remarkable part of the challenge though is the number of participants - 70 different people and over 150 separate results (so over 2 races each on average). It seems a lot of you are beginning to take this seriously !

## 2015 Final Results

### Senior Ladies

1. **Louise Waters**
2. **Aurelie Stoven**
3. **Marie Vettier**

### Senior Men

1. **Nick Lamb**
2. **Julio Aprea / Manuel R-Brito**
3. **Ionut Pirva**

### Veteran Ladies

1. **Catherine Thomas**
2. **Penelope Stockdale**
3. **Nora Masters**

### Veteran Men

1. **Mark Vallender**
2. **Sean Hurst**
3. **David Le Dorlot**



# Expatriés Shield

## (long distance)

1. **Alex Leger**
2. **Chris Jamieson**
3. **Julien Ternynck**

A battle to the last for the top spot of the inaugural Expatriés Shield. All 3 on the podium deserve recognition for amazing Long Distance performances with Alex just overtaking Chris with his last race of the season. Don't forget to bring the shield back next year Alex !!



# WE DID SOME SERIOUS RACING



# ..... AND HAD FUN DOING IT



# THEN THE FUN, THE FANCY DRESS



# AND DON'T FORGET THE TRAINING !!

