



Training Times:

- Monday
Swim – Porty 7pm
- Tuesday
Swim – Dalry 8.30pm
- Wednesday
Swim – Drumbrae
8pm
Run – Meadows
7.30pm
- Thursday
Run – Meadows 7pm
- Saturday
Cycle – RCP 9.30am
Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Tusitala Pav
10am

Welcome to the first ERC Tri Squad newsletter and welcome to everyone who has joined us for a great 2010 season of training and racing. The aim of the newsletter is to communicate any interesting thoughts and keep everyone up to date with what is going on in ERC tri squad and the world of triathlon in Scotland.

An idiot's guide to racing (literally) ...

One of the things that most worries first-timers is how daunting and complicated a triathlon race can appear. This "anonymous & non-attributable" race report shows it's not that bad, even when it is . . .

The first thing you do at every race is, of course, slowly, methodically and calmly set everything up in transition. So with new trainers I had completely forgotten to fit elastic laces. No worries – I'll just borrow my wife's spares. "Err, sure, but you do remember my feet are 5 sizes smaller than yours?" Yeah, whatever. Next – whether to start with shoes attached to the pedals or not? So what if I'd not practised – it couldn't be that difficult. Attached it was.

And so to the race – a sea swim that was cut in half due to the size of the swell and waves big enough to capsize the "safety" kayaks. But if you're stuck in a pool would you get to body surf as you exit from the water? I think not. Out of T1 and onto the bike.

After my first attempt to jump mount my bike lead to me landing on the back wheel and suffering a bit of "rim rip"

(and I don't mean the wheel rim . . .) I was off. Well kind of. Within the first 5 minutes I managed the quite unlikely but ultimately impressive feat of coming off my bike 4 times.

First was my number belt. Thinking it would be nice to turn it round using both hands, I fell off. Number belt sorted, back on. But by now the elastic bands attaching my shoes to the bike had snapped. I couldn't flick the shoe round quick enough, it spun, hit the ground, jarred my bike and fall number 2. Finally I was off with both feet on my shoes. But no – I hadn't fed the strap through its loop. Attempting an "on the move" fix saw me nearly collide with a lorry. Off again. Sorted again. On again. Feet in, shoes shut. Hang on – this feels weird – my feet look deformed and are getting very numb. Ah – I'd attached my shoes to the wrong pedals . . . oh well, it

can't be that hard to cycle 40k with your shoes on the wrong feet. I managed 16 seconds. Stop number 4.

Once the bike was over it was a simple matter of dismounting. Attempting (having never practised) an "on the run" dismount I very nearly face planted in front of all the spectators. Dump the bike, get the trainers on. Why won't my trainers go on? The things are so damn tight. It's like they've got the laces of a small girl's shoes on them or something. By the time I crossed the line and took my trainers off I could almost hear the blood rushing back to my feet.

And yet, despite all this, and in fact more than likely because of it all, it was the most fun I had had in long time. The point is, no race is ever bad; some are just more interesting than others . . .

Anonymous. (okay, it's Ali Smith). But the author would like to point out that although all these things have happened to him in races, even he isn't stupid enough to have them all happen together in one race (well, it was two races) . . .

ERC Tri Squad Newsletter

Training Weekend – Peebles 23 – 25th April



After the success of November we plan to run another training weekend in Peebles staying at the Kailzie Bunkhouse.

The format will be similar to last time – 2 nights accommodation, 2 lunches and 1 dinner included. Coached sessions in swimming, cycling and running. Hopefully we'll also do some skills sessions this

time as well.

Due to the limited number of coaches available places will be strictly limited to what we can fit into the bunkhouse – probably around 24.

It is first come first in. You can only secure your place by paying in full. Anyone who hasn't paid with two weeks to go isn't coming – no exceptions. And if you pull out at the last minute

without a valid excuse please don't expect any money back. If you have a valid excuse we'll do what we can.

Cost is £60. Please make cheques payable to "ERC Tri Squad". Let Ali Smith know if you want to go (alistairsmith99@hotmail.com). Address for posting cheques on request or catch him at Monday swimming.



Racing for ERC

Back in 2008 ERC were the Scottish Triathlon Club Champions. We only score club championship points at racers if our members hold a Tri Scotland race license however. You also get a discount on every race you enter (please remember to enter as "Edinburgh RC").

Another big advantage of having a race license is that it also includes personal liability insurance when you are out training on the bike. This isn't something you are likely to be covered under with any other insurance policy you have. You can join at

<https://www.britishtriathlon.org/scotland/>.

However, we fully appreciate that the £34 cost is quite expensive, especially once you've paid for your ERC membership and swim subs. Therefore this year we are going to reward those members who take out a race license and complete three points scoring races for ERC (virtually all races are points scoring).

On completion of the three races you will receive a free 2010 season ERC tri squad branded t-shirt. These are high quality Salomon wickable t-shirts. If you are

interested then please e-mail Ali Smith at alistairsmith99@hotmail.com with your TS race license number, confirming you have joined ERC and most importantly your t-shirt size. We need this info asap so we can buy the t-shirts in advance.

We also plan to distribute swim caps free to all ERC members in due course. Watch this space.

If you are still interested in an ERC tri-suit then contact Louise Smith at louisesmith99@gmail.com



What else is going on .. ?

Tri Squad Sponsorship

Do you know of a business that would be interested in sponsoring the tri-squad?

Any sponsorship would be used to subsidise the swim sessions to keep the cost to

swimmers at a minimum. We would profile the business logo/ name on the session sheets handed out at each session as well as the website. Contact Alistair.crawford@dsl.pipex.com for further details.

Turbotastic Tasters

Penny is putting together a series of progressive turbo sessions to help you through the winter. Visit <http://www.edinburghrc.co.uk/triathlon> for more details!

If you have any ideas for the tri-squad or this newsletter then please drop Ali an e-mail on alistairsmith99@hotmail.com.