

Yes. We have hired the pools or lanes from Edinburgh Leisure, so your membership card isn't valid for our sessions.

Wow, that is a lot of sessions. How come it's so cheap?

Well, the ethos of the club is to make everything as affordable as possible so if it doesn't cost us to put on a session we don't charge for it. This means our coaches (including the BTF coach of the year, 2015), who are all qualified, give up their own precious time on a completely voluntary basis. Pool time costs money and we cover this cost from swim fees, subsidised by any profits from races.

What can I do to help out?

All triathlons need volunteers to make them happen. We also need people to help with things like collecting drop-in swim fees at swim sessions. If you help out, then you will pay reduced swim fees next year. Look out for chances to help out at club races too.

Okay, that's clear. Any other costs involved?

The annual Edinburgh RC club membership is just £25. Join at <http://www.edinburghrc.co.uk/club-membership>.

We encourage our members to race, and we recommend looking on EntryCentral.com for races to sign up for! A race license from Triathlon Scotland means your results count in the Scottish club championships, and provides third party liability and worldwide personal accident insurance. Visit <http://www.triathlonscotland.org/membership> for more details.

Who are the names I should be aware of in the tri squad?

Most importantly is our coaching team, co-ordinated by Alister Russell. See the website for up to date list of coaches and committee members.

Lots going on then - so what's the best way of keeping in contact?

We tend to make most announcements at the swim sessions, but the best way to stay on top of everything is to get yourself on the mailing list by subscribing to erctrisquad-subscribe@yahoogroups.com. The club website is a font of information – www.edinburghrc.co.uk. We also have an active Facebook page at <http://www.facebook.com/erctrisquad>

What about kids?

Our award-winning Youth Triathlon Coaching Co-ordinator organises lot of sessions for a range of ages. See their webpage for up to date details <http://www.edinburghrc.co.uk/ERCJuniorsTriathlon>

Anything else?

If you have any questions on all of this then grab a coach or committee member any time for a chat or check the website for up to date contact details or the committee.