



## ERC Tri Squad Information Letter 2010



### **So, who exactly are ERC Tri Squad?**

We're the triathlon sub-section of Edinburgh Road Club, Scotland's largest cycling and multi-sports club. Our aim is to promote the sport of triathlon to all ages and abilities through a supportive and inclusive atmosphere.

### **When are your training sessions?**

Well, we have quite a few options and one of the great advantages of being part of ERC is that we can join in with the many cycle sessions the club offers. We also make use of the running sessions on offer from Edinburgh AC. Below is a normal week – pick and chose what is of relevance to you.

Monday	<i>Swim</i> – 19:00 – Portobello Baths – coached. Cost £3 per session or £10-15 for block of two months for all swim sessions (if you're an ERC member).*
Tuesday	<i>Swim</i> – 20:30 – Dalry Baths – coached. Cost £3 per session or £10-15 for block as above.*
Wednesday	<i>Cycle</i> – 10:00 – Tusitala Pavillion – 2-3hr steady ride. Cost - nothing. <i>Run</i> – 19:30 – East end Meadows Pavilion – tri specific progressive run sessions. Cost - nothing to ERC members. <i>Swim</i> – 20:00 – Drumbrae Leisure Centre – coached. Cost £3 per session or £10-15 for block as above.*
Thursday	<i>Run</i> – 19:00 – Meadows – with Alex McEwan of Edinburgh AC. Cost – nothing.
Saturday	<i>Cycle</i> – 09:30 – Commonwealth Pool – road group rides. Cyclists are split by ability into various groups. Cost – nothing. <i>Cycle</i> – 14:00 - ERC Juniors – Inch Park, near Cameron Toll - cycle skills for juniors. Cost – nothing.
Sunday	<i>Cycle</i> – 10:00 – Tusitala Pavilion – 2-3 hour steady ride. Cost – nothing. ??? – ad hoc sessions – maybe skills, maybe a hill run, maybe a cycle . . .

*\* The cost of the two month block depends on whether you helped out the club during 2009. You can also pay £50-75 for the whole of 2010 swimming (in January only), again cost depends on whether you helped in 2009 or not.*

### **Wow, that is a lot. And how come it's at such a reasonable cost for coached sessions?**

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, who are all qualified, give up their own precious time on a completely voluntary basis. We do, however, incur a cost hiring pool time – and what we charge does NOT cover this cost. At the moment the only reason we are able to do this is because the sessions are subsidised by Edinburgh Racing.

### **That's pretty impressive – so who exactly is Edinburgh Racing?**

Edinburgh Racing is effectively the triathlon events organising arm of the ERC Tri Squad. The money they make from organising races goes back into making your swim sessions

affordable. However, the events they organise can only happen if they have sufficient volunteers to help out. If this doesn't happen then there is no guarantee we can keep the sessions the price they are.

**That seems fair enough – so what exactly do I do to help out?**

Once the race calendar has been finalised for the year we will be looking for people to volunteer to help at events. Each year we keep a record of who has volunteered for an event and who hasn't. If you have then you will pay a reduced amount for the swim blocks. If you haven't helped then next year you will have to pay more than everyone else that made the effort to volunteer does. We also need people to help with things like collecting swim money each week.

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

The annual club membership is now £20. You can join online at [www.entrycentral.com](http://www.entrycentral.com). This is also the website where you can sign up for up and coming competitions. If you want to join Triathlon Scotland (to get a race license for instance) then visit <https://www.britishtriathlon.org/scotland/> 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 Martin Gore. There's also Linda McLean, Niall Baxter, Jim Leach, Bruce Kidd, Caroline Toshack, Geoff Earl, Rachel Henderson, Penny Rother and Fiona Jackson. The tri squad committee consists of Peter Ness, Martin, Jim, Louise Smith, Alistair Crawford, Alistair Smith and Elise Acheson.

**Any other dates/ events to be aware of?**

We try to organise a couple of training weekends each year – most recently in Peebles. We also have a swimming gala against other Edinburgh triathlon clubs once a year. In summer we do some open water swimming from Portobello beach on a Friday evening. Martin also usually puts together a race calendar for the year with key races to focus on. Watch this space. We're also partial to the odd social night out.

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

We tend to make most announcements at the swim session as that is where we get most of the tri squad together in one place. However you should also get yourself on the mailing list by subscribing to [erctrisquad-subscribe@yahoogroups.com](mailto:erctrisquad-subscribe@yahoogroups.com), or keep track of the mailing list at <http://sports.groups.yahoo.com/group/erctrisquad/>. The club website is also a font of information – [www.edinburghrc.co.uk](http://www.edinburghrc.co.uk).

**Anything else?**

If you have any questions on all of this then grab a coach or committee member any time for a chat or drop Peter Ness an e-mail at [ness.peter@yahoo.co.uk](mailto:ness.peter@yahoo.co.uk) for more info.

*On behalf of the ERC Tri Squad.*

