



ERC Tri Squad Newsletter

Christmas 2010



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Swim – Dalry 8.30pm
- Wednesday
Swim – Drumbrae
8pm
- Thursday
Run – Meadows 7pm
- Friday
Swim – Porty
7pm
- Saturday
Cycle – RCP 9.30am
- Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton x-roads 9.20am OR
Porty High School
10am

The season is over and a good chance to spend time doing those things and with those loved ones we may have ignored a wee bit over the season. But also time to get out on those long winter rides and think ahead to next year's racing . . . Merry Christmas!!

Why Tri in 2011?

Your coaches and committee have been thinking hard about how we can continue to bring you the best in triathlon training in an affordable and flexible manner. Here are some thoughts . . .

Think you've got what it takes to be a coach?

The club only survives and thrives on its coaches. We already ask a huge amount of them and the best way we can put more sessions on or develop the existing sessions is to have more coaches to share the burden. You don't need to be an experienced triathlete to become a coach – enthusiasm is the most important thing. If you are interested then we will look into the appropriate courses for you and through a combination of club funds, Triathlon Scotland funding and council funding it might not even cost you anything. It is a great way to give something back to the sport/club and is thoroughly rewarding personally. Contact mpgore@hotmail.com for more info.

New Sessions for 2011!!!

The club are putting on a number of new sessions for 2011. There will be a lane available on an uncoached basis at Porty Pool on a Friday at 7pm. We are also looking into a similar arrangement for a Sunday evening. Don't pay at reception – it is covered by your block payment. A great opportunity to do some stroke development work.

The coaching team are also planning to put on a "Saturday Session" the first Saturday of each month. This will cover a wide range of tri-specific training that we can't cover within other sessions. There will be a small charge for this session. Keep an eye out for an e-mail from Martin or Linda for more details.

Winter Training Talk

Ever wondered what the best approach to winter training is? Now you can find out! Martin, Linda and Penny are running a winter training seminar at Ainslie Park from 4-6pm on Sunday 12th December. E-mail mpgore@hotmail.com for more details.

Helping in 2011

Everyone involved in the club does so voluntarily. But we realise not everyone has time to become a coach or be on the committee. However, we still need marshalls for all our races and people to collect swim subs. Both mean cheaper swimming for you and are a great way to get to meet other club members. See next page for details.

Remember to join the club!!

It sounds obvious but remember you need to actually join the club. The cost for adults is only £20 a year. You can't pay for block swimming without being a member. Visit www.entrycentral.com to sign up. Also – remember to tick triathlon as your primary activity within the club as it affects our funding level within the wider ERC club.

If you plan to race then you should also take out a Tri Scotland race licence. This was £35 for 2010. Not cheap but it gives you discounted race entry as well as third party insurance for when you are out on the bike training and racing. It also helps us as a club towards the fiercely competitive Club Championships. So remember to put your club as "Edinburgh RC" when you get your licence. As this year there will be incentives for those who get a licence and do 4 races! Visit www.triathlonscotland.org.

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Races to Get in the Diary

Whether it's time to rest or time to get the long hard yards in it always time to be thinking about your next race. We are hosting a multitude of races that you can look forward to.

Each winter ERC runs a duathlon series out at Kirkliston (scene of the summer 10mile TT). The first one was unfortunately cancelled (November 27th). The next two are December

11th and January 15th.

Next year will see Edinburgh Racing put on the following races:

Midlothian Sprint Tri - May 1st

Lochore OW Sprint Tri – June 19th

Edinburgh Duathlon – July 17th

Edinburgh OW Swim Festival – August 13th

Portobello Aquathon – September 25th.

You might also want to put one of them in the diary to marshal at. These races help subsidise the cost of the swim sessions and helping means cheaper swim subs for you – see below for details!!

E-mail elise.acheson@gmail.com for more info on marshaling.



Swim Costs 2011

We are delighted to announce the cost of swimming will remain the same as 2010. As a reminder it is £3 for a drop in – whether you're an ERC member or not.

If you are an ERC member then you can pay for a block – if you helped at an Edinburgh Racing event (or

helped collect swim subs) in 2010 then you can pay £50 for the whole year, or £75 if you didn't help. Alternatively, you can pay £10 for two months if you helped, £15 if you didn't help. The two months blocks run from odd numbered months only.

Blocks cover ALL swim sessions – so in theory if you

attended 3 every week of the year you could be paying c30p a session . . .

Any questions on this please e-mail alistairsmith99@hotmail.com.

We will continue to need people to collect money next year as well. E-mail jimboeach@blueyonder.co.uk



What else is going on . . . ?

Annual ERC Tri Squad Club Kit Meeting

We are holding our annual open forum meeting for the tri squad on January 27th at the Sheep's Heid Inn. This is your chance to come and tell us what you would like to see from the squad next year. And have a few drinks afterwards! Info to follow.

We still have a few pieces of club tri kit left. E-mail louisesmith99@gmail.com for more details.

We also have club caps available – free to members/ race license holders.

Keeping in Touch

Sign up to the yahoo groups list by sending an e-mail to erctrissquad-subscribe@yahoogroups.com and keep an eye on the website at <http://www.edinburghrc.co.uk/triathlon>.

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