



ERC Tri Squad Newsletter

April/May 2010



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Swim – Dalry
8.30pm
- Wednesday
Swim – Drumbrae
8pm
- Cycle – Kirky 10
7pm
- Thursday
Run – Meadows
7pm
- Friday
OW Swim – Porty
6.30pm
- Saturday
Cycle – RCP
9.30am
- Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton
x-roads 9.20am
OR
Porty High School
10am

As the race season gets under way there's already lots going on but hopefully this will keep you up to date. Get in touch with me if there is anything you want to share with the rest of us!
alistairsmith99@hotmail.com

Why is the Open Water so great?

Here's Oonagh O'Brien's inspirational story why . . .

It was buying a proper wetsuit that made all the difference. I'd spent years thinking about doing a triathlon and watched wetsuit clad swimmers thrash up and down Portobello beach dreaming of joining them. Finally I realised this swimming in the sea malarkey was not going to happen unless I made it happen. Super vet category was a border I had already crossed.

At first when I saw people going out in the sea on Fridays I never thought of it as something I could do. This despite a childhood spent in the seas of the far corners of the UK. An early childhood in South Wales on the beautiful Gower coast, family trips to east Ireland and eventually a move to our very own Edinburgh. Easters were always the first family swim of the year at Gullane. Despite swimming before I could walk, I was 9 before I actually visited an indoor pool. If there was water to get wet in, my family all had to be in it.

In spite of this history it took months of encouragement to get me down to Porty beach. The first swim was the hardest –

an ill fitting wetsuit - the disorientation of trying to swim straight without a black line – the solitary nature that even group open water swims offer. But after a few of those difficult swims came a particularly delicious sunny weekend and off I dashed to The Tri Centre. Yes I could try out a wetsuit. Yes, I could have it for the weekend and if I wanted to keep it, the money could come off the overall price. Yes you will get this incredibly tight wetsuit off, and yes it is the right size for you even though you can hardly breathe. And sure enough that next swim was a transformation.

The wetsuit kept me buoyant and I found I could swim alongside people. I went much further than I would have imagined I could do, and at one point every time I took a breath I could see someone swimming alongside me, stroke for stroke. Until you experience it you can't know how magical that is. The sun was sparkling on the water and I was hooked. It might not be cheap, but I don't regret splashing out on my first expensive bit of 'tri' kit one bit. The first swim is an expensive one, but if you

keep going, each swim gets cheaper! The only real question was why I'd taken so long to buy it to begin with!

Sea swimming has changed so many things in my life – it is an utter joy to go out into the sea and swim. It's even inspired me to work at my cycling and running more - starting triathlons at this advanced age seems a bit crazy. It's frustrating to know that the energy and endurance I had in my 30s is no longer there, but the beauty of triathlon is I get to compete with others of my age. In which other sport can you come nearly last and still get a medal?

I now realise that the idea that you can't stay fit as you get older is just because I hadn't worked hard enough at it. I feel better than I have done for years, and delighted with the energy and fun I am having. But more than anything else it is the pleasure of the swimming, of that magic connection with the water, the camaraderie with the other swimmers, and the sightings of the occasional seal, out there in the blue spaces beyond the shore, that makes the whole sport so very special.

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Tri Section Race Squad Announced



The coaches and tri committee have spent the last few months working hard to develop a squad structure to give a little more focused coaching to a select few triathletes. And now we have something!

The aim is very explicitly **not** to create an elite squad but one that anyone of any ability or any age can get into. Essentially, inclusion in the squad will be mostly

determined by who raced the most for ERC in Triathlon Scotland points scoring races over the course of the previous season.

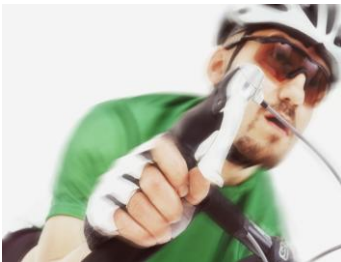
Our fantastic coaching team will then develop some additional sessions for the squad members over the course of the season to help them achieve their personal triathlon goals. It's the first year we've done something like this so no doubt it will be

a work in progress but I think you'll all agree it's a great development.

Now the important bit – this years squad: Neil Gordon, Martin Gore, Niall Baxter, Peter Kadobinskyj, Ben Mitchell, Nick Rowan, Jenn Bow, Louise Smith, Penny Rother and Jenny MacDougall.

Any questions e-mail alistair.crawford@dsl.pipex.com

The season has kicked off!



While most of us are only just poking our noses out the front door wondering if **that** winter really has finished there are many members knocking up some great performances in races already!

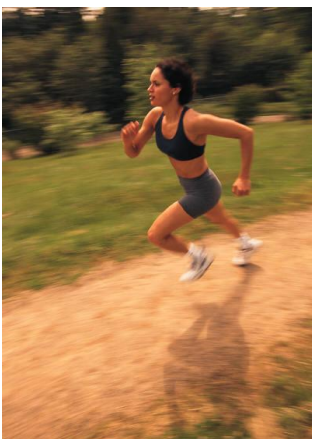
We've had Tranent & Cupar sprints and the Stirling Duathlon. See

<http://www.edinburghrc.co.uk/forums/index.php?board=1.0> for race reports.

Stirling in particular rates a mention as it was a qualifier for the World Duathlon Champs to be hosted at our very own Arthurs Seat in Edinburgh. This led to a strong field, most gunning for the chance to slip into some

GB lycra. Despite the tough competition a number of ERC members made the grade including Martin Gore, Ian Johnston, Rich Morton, Peter Kadobinskyj and Varry McCullough Young.

Congratulations guys and we'll all be along cheering you on in September!



What else is going on .. ?

Open Water Swimming

Any day now someone will likely make the first venture into the depths of The Forth from Porty beach on a Friday at 6.30pm. This is a great way to get yourself used to the open water (and after Oonaghs article above who isn't itching to get wet?).

Sessions are uncoached but all effort will be made to

make newbies feel comfortable and safe. Keep an eye out for a mention on the e-mail distribution list.

Club Kit

It's in! After a lengthy journey all the way from Canada the great look club tri kit has arrived. Contact louisesmith99@gmail.com to arrange pick up if you ordered. We have a small

number of extra items so contact Louise if you're interested.

Keeping in Touch

Sign up to the yahoo groups list by sending an e-mail to erctrisquad-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.