



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

The season is in full flow. As with races, less chat, more action so lets get on with it.

It's the coaching that counts ...

It simply isn't possible to exaggerate how lucky we are to have the coaches we do. Read on to find out how important Penny Rother has been for Ann Johnstone and the rest of "Team Penny".

"Actually, we're triathletes" said Penny. The guy at the Great British Swim looked impressed. The 3 of us just stifled a giggle. We couldn't dream of calling ourselves triathletes - Joanne and Jeannette didn't even own road bikes while mine was going nowhere in the garage. But maybe we could be after all we had just won the national OW swim for ERC! On the way home, we stopped for coffee at Penny's and discussed the issues of training around childcare, managing households and families, and work. We loved going to the ERC swim sessions, managed to get out for the odd run; but the stumbling block was getting out on a bike, not least a fear (absolute terror!) of group riding on the ERC rides. Penny offered to help, initially by taking us out on a group ride and we identified a two-hour slot that fitted our family & work commitments. The first week we did a lot of chatting, caused havoc at roundabouts, fell off at junctions, went backwards up a hill We listened to instructions on how to chain-gang and tried it out, with questionable success!

Others joined the group (and the number of associated children grew to 13!). We started getting into the swing of it ... following along like little ducklings. When Penny changed up a gear, we changed up a gear; Penny changed down, we changed down; Penny braked, we braked; Penny took a drink, we took a drink, Penny spat, we spat; Penny did that blow your nose thing, we tried ...

We even ventured out without our leader, sometimes getting lost on the backroads of East Lothian, finding ourselves on virtual farm tracks and in unknown villages; "This is definitely Tranent" ...(Ormiston!!). Then there was the encounter with the hedgecutter – five flats (on three bikes) later, at least we were becoming more efficient at changing inner tubes.

A highlight is always a cup of tea at Joanne's afterwards (because she lives opposite the school our kids attend and has the biggest teapot in the world) and a post mortem of who was

getting better at what as the kids all traipsed in, tripping over helmets and bikes. Penny doesn't get much chance to drink as we pick her brains about techniques, kit, races ... and listen in awe to her anecdotal memories of races and events.

Then, Penny announced she was taking a formal coaching course and might need some guinea pigs. So we signed up to run sessions doing intervals and drills in a local park; and turbo sessions: four of us at a time lined up in a dark, sweaty, smelly, very noisy basement. Penny devised weekly training schedules – at which we laughed together ... how on earth would we ever fit that much training into a week around other commitments? Sometimes we managed it, more often than not we didn't but we put in lots more than we ever had before; and learned and experienced more than we could have imagined.

Jeannette declared "We need a Season Strategy Meeting" so we got together over mouth-watering meatball stew, scrumptious spinach cannelloni, sublime chocolate and lemon tarts ... the Triathlon Scotland race calendar – and a few bottles of wine. Oonagh identified 9 races to enter over the season and blamed it on the "Penny Factor"

With the racing season already begun, a number of the "team" entered Midlothian Sprint. Penny further inspired us by wining the female event, Sasha took the female vet category, Sue improved her bike time by 5 mins, Joanne completed her first triathlon. I did Strathclyde Sprint and loved every minute. Oonagh & Jeannette are still to make their 2010 race debut. Of course, we're all hoping for a successful season – but above all, we've enjoyed getting together, we've certainly had lots of laughs; we all enjoy riding our bikes and ride with more confidence. And hey – maybe we can call ourselves triathletes!

Penny keeps saying thank you to us for helping her. Hmm . . . modesty as well as inspiration! Thank YOU Penny!



Part of Penny's Porty Possé

ERC Tri Squad Newsletter



Loch Ore Sprint Triathlon – 20th June

Edinburgh Racing have been working their socks off to bring us the biggest and best Loch Ore triathlon ever. There are now 300+ entrants (a 50% increase on last year) with well over 30 from ERC! The guys are currently working on advance Saturday registration at the Tri Centre, prize money and maybe a kids zone at the race. But triathlon events don't happen on their own.

WE NEED VOLUNTEERS!

It isn't asking much but we need more people to help marshal the race. Your coaches are volunteers, your committee are volunteers, all the event organisers at Edinburgh Racing are volunteers. Asking you to marshal ONE event is not asking much. And it also means significant discounts for next years swimming.

It is a small way to put

something back into the club, from which we all get so much and it is genuinely good fun.

Please get in touch with the marshall co-ordinators at elise.acheson@gmail.com or oonagh@atlas.co.uk.

Who's Lane is it Anyway?

We are extremely lucky to have three well attended swim sessions spread across the city. But a busy swim session means we all need a little etiquette in our lanes. So . . . a few basic rules.

- 1) Swim in a lane appropriate to your ability.
- 2) Swim within the lane order

appropriate to your ability.

3) If your lane is busy and you're at the front (back) of the lane then think about moving up (down) to a quieter lane.

4) Swim sensibly throughout the session – don't tank it, disrupt the lane, then blow up, and disrupt the lane!

5) If you're "taking it easy" then be extra conscientious about those around you. It's not others fault you're resting.

6) Listen to the coach. If they tell you to pay attention, move lanes or generally to get a grip – then do it!

7) Leave the scrummage for the open water.



What else is going on . . . ?

Tri-Squad T-Shirts

We are hopefully not long away from getting our branded squad t-shirts. Rather than wait till you've done three races we'll get them out to you once they're ready – we trust you to get the races done! And you can then have them to wear at the races! Watch this space.

Club Kit

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>.



ERC Tri Squad Race Team at the Loch Ore Practice Day

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