



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Swim – Dalry 8.30pm
- Wednesday
Swim – Drumbrae
8pm
- Thursday
Run – Meadows 7pm
**Edinburgh Athletics
Club Session**
- Friday
Swim – Porty
7pm Uncoached
- Saturday
Cycle – RCP 9.30am
- Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton x-
roads 9.20am OR
Porty High School
10am
Swim – Porty 5pm
Uncoached

A new year, a new season of training and racing to look forward to. Hopefully the first newsletter of the year will help motivate you to get things started (if you haven't already!)

10 Good Reasons to Tri!

Struggling for motivation? Trying to decide on what races to do this year? Here, Berit Inkster gives you 10 great reasons to give a sprint triathlon a go. After reading this I fully expect entries to soar!

Many of you need no excuse to enter a sprint triathlon and get that competitive spirit back on track after a long winter. I had decided not to enter one until after the Edinburgh marathon – my main event for the start of summer, but in the end I couldn't resist and have entered the Tranent triathlon in March to fuel my triathlon addiction. For those of you who still need a bit of persuading here are my top 10 reasons for getting signed up.

1 These events truly are for everyone from beginner to elite, the field is always wide and events enjoyed by all.

2 Great way to kick start the season – my motivation for training is always at its highest when I've finished my first sprint and I start analyzing the results and working out where I could have saved a few seconds (especially if Mitch has beaten me!)

3 They are short enough to do without worrying too much about training – I wouldn't recommend NOT training, but you know you're gonna finish regardless! None of this planning and tapering nonsense...

4 There are so many of them that you'll always find one which will fit into a full diary. This also means that unlike the longer events you don't have to put all your eggs in one basket – enter lots of them and if one goes wrong there's always another round the corner.

5 There's no need to write off an entire weekend, you're done by late morning and free to spend time with the family (or the bike!)

6 They're a great measure of your current performance and can be used as a time trial to grade your improvement and highlight your areas of weakness. It's best to enter one early in the season so you can compare your times later on.

7 They are surprisingly varied. Choose to swim indoors or out, and there are a wide range of bike and run terrains. It's easy to get one which suits you as an athlete.

8 Glory! Because of the number of events, and the often smaller field your chance of medal success is much higher! Even if you're not looking at podium positions, non-triathletes don't know the difference between a sprint triathlon and an ironman and will think you're a god regardless of the distance!

9 An excuse to buy kit: if you're competing, you need the right kit – a club tri suit, good bike, tri bars, tri shoes.....the list can go on as long as you like!

10 Sprint triathlons are a great way for getting a lot of points for the club (as long as you are a Tri Scotland race license holder) – you can do lots of them, and will score a relatively high number of points compared to the bigger events. Remember, to encourage this if you do three events you get a free water bottle and towel from the club (see below).

So get signed up and have a great season. And don't forget to write a race report up on the forum to let everyone know how your racing year goes!

ERC Tri Squad Newsletter

Edinburgh RC Named 220's Triathlon Club of the Year

Those that were there will already know what a great year 2010 was for us. But now others recognise it as well!

After a recount we are now Triathlon Scotland Club Champions

So thanks to everyone

who raced for us last year.

But to top things off we were also named Triathlon Club of the Year by 220 Magazine – the UK leading triathlon publication.

Martin Gore also came second in the Coach of

the Year category and Loch Ore was second in Race of the Year (entries < 500).

See below for our kilted warriors collecting the prize. (And who's that imposter trying to elbow in on Ali Crawford's limelight ..!).

Aberfeldy Tri Training Weekend

There are still places but it's filling up fast! As a reminder we are heading up to Aberfeldy on the evening of Friday April 1st. We then have a weekend of swimming, cycling, running and tri specific skills.

Cost is £70. You must be a club member to come along. For this you get 2 night's accommodation (Dunolly Bunk House – basic but great), 2 breakfasts, 1 lunch and 2 dinners.

If you are interested in coming and haven't already signed up then drop an e-mail to alistairsmith99@hotmail.com.

Race Licence Incentives

As an incentive and reward for our members who make the effort to race we have a couple of cool freebies.

Assuming you have joined the club, have bought a Triathlon Scotland race licence

(<http://www.triathlonscotland.org/join>) and are willing to commit to doing three Scottish races (novices excluded) then you can claim a club branded transition towel and club branded water bottle.

Eyes left to see what they

look like. If you're interested then e-mail alistairsmith99@hotmail.com with your race licence number, the three races you plan to do and also which of the three coached swim sessions you attend (to help get the towel and bottle to you).

And another thing ...

Thursday Night Runs

Hopefully you already know this but the Thursday night run we promote is NOT an Edinburgh RC session. It is run by Edinburgh Athletics Club who very generously let us take part. So please don't turn up and ask "is this the ERC run session?"

It is also not appropriate to ask the coaches for running advice from a triathlon perspective – they aren't triathlon coaches. And it is most definitely not on to criticise the session given we are guests at it.

While this is a great session to attend the committee will also look into the feasibility of

running our own session as an alternative.

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.