



Firstly please allow me to welcome you to Durham Triathlon Club. As I'm not sure about your previous involvement and understanding of triathlons, I would like to give an insight into the sport and our club.

### **Getting started**

Now that you have paid your membership fees you can access the sessions provided by the club. Each week the club runs a number of coached sessions and you can find out more on the Durham Tri website under the 'training' section.

This schedule of sessions changes as we move between Winter and Summer. If you require further information on any of the sessions please do not hesitate to contact the Coaching Lead for the club, Ian MacKenzie (contact details below).

### **About Durham Tri**

We are a growing Tri club and cater for both juniors and adults. By joining us you get the obvious advantages such as meeting like-minded people but also you get to know what and where training and events are planned and who is joining them; then you can train and compete at a level which suits you and your lifestyle with loads of free advice and encouragement to boot.

Our club has a volunteer committee who work together to ensure all members receive as much benefit out of the club as possible. We also ask all members to step forwards and volunteer to help the club to thrive either through helping running sessions or helping out at events we run. Please do volunteer when you can – it's a great way to get to know people, learn more about triathlon and is essential to the smooth running of the club's activities.

### **New to triathlon?**

If you have joined the club and your first steps into triathlon will be as a beginner then the amount of information you need to take on can seem quite daunting!

Firstly there are different distances depending upon whether you are more interested in going hard and fast or long and steady. The five recognised distances are:

- Super sprint - 400m/10km/2.5k
- Sprint distance - 750m/20km/5km
- Standard distance (used to be called Olympic Distance)- 1500m/40km/10km
- Middle distance - 2.5km/80km/20k
- Ironman distance - 3.8km/180km/42km.

Shorter distances might take place in a pool or in open water. Any races longer than a Sprint distance race will generally be in Open Water.



There are a lot of websites where you can find out more about what is involved in each distance. Some of the most informative websites are:

Training tips - <http://www.uktriathlon.co.uk/beginners/training-tips/>

More advanced - <http://www.triradar.com/category/training-advice/raceday-advice-training-zone/>

Insurance and events lists - <https://www.britishtriathlon.org>

### **How to find out what is going on in the club**

We have a number of ways to keep in touch with what's going on at the club – both the official events and informal meet-ups between members. If sessions have to be cancelled at short notice (e.g. unplanned pool closure) we will post it on the Facebook pages and groups and we can also send a notification to your phone if you have Team App on there.

The club has a website with lots of useful information - [www.durhamtri.co.uk](http://www.durhamtri.co.uk)

#### **Durham Triathlon Club Facebook page:**

<https://www.facebook.com/Durham-Triathlon-Club-168128909906379/?fref=ts>

This is a public page that can be viewed even if you don't have a Facebook account.

#### **Durham Tri Social** (Closed Facebook group – Members only)

<https://www.facebook.com/groups/DurhamTriSocial/>

This has become the main source of communication between members and club information is also posted here. People arrange meet ups for open water swims, bike rides, getting together at events etc. as well as sharing useful info.

#### **Durham Tri Juniors** (Closed Facebook group – parents and coaches only)

<https://www.facebook.com/groups/DurhamTriJuniors/>

This is used to share club information relating to the juniors as well as other local events that will be of interest such as junior cycling competitions, events, parkrun etc.

#### **Team App**

<https://durhamtriclub.teamapp.com/>

Team app is a great way to find out what's going on in the club. Local events are listed and you can see who's going to them. Durham Tri training sessions are within the schedule and local events are within the events section. We also include other major events that club members are going to such as Ironman events that may be out of the region or overseas.

We also send out regular emails to help you keep on top of what's going on at the club.



## Social

Of course, all of this training would not be the same without a social side to the club, we have both planned and impromptu social events throughout the year so remember to mark the dates in your diary. There's a regular monthly social at the Garden House Inn in Durham on the 4<sup>th</sup> Monday of the month. Keep an eye out for news of other events through the club emails and social media platforms.

## Club Kit

As in most sports clubs, we have an identity. When competing or training we like to show that we are a part of the club and are proud to be so. If you're in the club kit it's easier for other members to cheer you on too! For this reason we have a range of club kit available so please go to the 'Club Kit' page on the website for more information. Remember, you're never too old for Lycra!! (But if you don't like the stuff – we have non-lycra too! Or other materials are available!)

## Useful Contacts

	Name	Position	Tel	email	
Club contacts	Lindsay Rodgers	Chair		<a href="mailto:chair@durhamtri.co.uk">chair@durhamtri.co.uk</a>	
	Jerry Lloyd	Secretary	07857 690256	<a href="mailto:secretary@durhamtri.co.uk">secretary@durhamtri.co.uk</a>	
	Owen Weightman	Treasurer	07736 564510	<a href="mailto:treasurer@durhamtri.co.uk">treasurer@durhamtri.co.uk</a>	
	Ian MacKenzie	Head Coach	07905 193525	<a href="mailto:coaching@durhamtri.co.uk">coaching@durhamtri.co.uk</a>	
	Ellen Ann Finighan	Welfare Officer		<a href="mailto:welfare@durhamtri.co.uk">welfare@durhamtri.co.uk</a>	

## Next Steps

So now you know a bit more about the club than you did five minutes ago. The best way to get involved is to come along to a session, introduce yourself to the coach leading it and get stuck in! We look forward to seeing you soon.

Kind regards,

Durham Tri Committee