

New starter information



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 a insight into the sport and our club.

Getting started

Now that you have paid your membership fees you can the sessions provided by the club. Each week the club runs a number of coached sessions and on the Durham Tri website you will find a schedule of the weekly coached sessions - (<http://durhamtri.co.uk/index.php/coaching-corner>).

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, Donna James (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.

New to triathlon?

If you have joined the club and you 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>

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How to find out what is going on in the club

There are a number of ways to keep in the loop:

*An e-newsletter is sent out on Fridays. This contains latest news, training updates, race reports and much more.

*The club has a website with lots of useful information - www.durhamtri.co.uk

*We also have a facebook page (Durhamtri) and a Twitter page (@durhamtri)

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. Keep an eye out for news through the newsletter 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. 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	Martin Wilson	Chair	07545 349230	chair@durhamtri.co.uk
	Jerry Lloyd	Secretary	07857 690256	secretary@durhamtri.co.uk
	Owen Weightman	Treasurer	07736 564510	treasurer@durhamtri.co.uk
	Donna James	Head Coach	01845 587479	coaching@durhamtri.co.uk
	Ellen Ann Finighan	Welfare Officer		welfare@durhamtri.co.uk

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!

Kind regards,

Durham Tri Committee