



All about us

March 2008

TFN Tri Club

Welcome to you if you have recently joined TFN Tri Club, or are thinking about joining.

The purpose of this newsletter is to outline a few details about the club, what we do, how we are run, when we train. If there's anything else you

need to know please don't hesitate to contact one of the club coaches or committee members.

Welcome!

As a Triathlon Club we aim to cater for athletes of all abilities – whether you are new to triathlons, or a seasoned pro. We pride ourselves on being an open and friendly club, catering for all abilities.

Club members range from those wishing to enter their first sprint race, right through to members who have completed in several Ironman distance races. You don't have to attend every club session (you could for example, just swim with us once a week).

There's no pressure to enter any races, but we do have some races deemed as club events when several members race. We also have a club championship, rewarding those members who have shown the greatest improvement.

Club sessions are led by experienced coaches – you can read their detailed profiles (and see their pictures) on the website.

Committee – The TFN Triathlon Club committee meets on the fourth Thursday every month at the Horse & Groom in Radford. Current members of the committee are:

Steve Butler – Chairman
Kev Fearn - Vice Chair
Chris Hunt – Treasurer
Dave Griffiths – Secretary
Deb Shaw – Women's Rep
Tim Dunne - Welfare and Child Protection Officer
Conor Donnelly - Member
Ian Wright - Member
Ian Gregson - Member
Dave Vernau - Member
Lucy Gossage – Member

If there's anything you'd like raised at these meetings, then feel free to approach anyone. There's usually one of us at the training sessions during the week.

The AGM normally takes place in December and invitations to the whole club will be sent out in plenty of time.

As a club we also organise various social events for members and their partners – highlights from last year included a pre season meal, end of season social, BBQ after swimming at Colwick Park, and the combined AGM, awards ceremony and Christmas dinner.

Please keep an eye on the forum for details.

Training Sessions

TFN Tri Club holds regular training sessions for its members. These are as follows:

Swimming

Coached sessions are held at the following times:

Monday 7.30pm – 8.30pm
Wednesday 6.30am – 7.30am
 (Yes that is the morning!).
 University of Nottingham Sports Centre Swimming Pool,
 University Park,
 Nottingham,
 NG7 2RD

Thursday 6.45pm – 7.45pm
 Noel Street Leisure Centre
 New Basford
 Nottingham
 NG7 6AT

Cost £2 per session.

If it is your first time, please just make yourself known to one of the swimming coaches (Charlie, Leigh and Emil). They will advise you as to the appropriate lane to swimming according to your ability.
 The sessions last for one hour and include a warm up, technique improvement drills, endurance and/or speed work. Some sample sessions are available on the website.

Holiday times:

During university Holidays, the Monday session commences at 8.30pm until 9.30pm.

Open Water Swimming

Normally May – September

Please see the article on page 5.

Cycling

TFN Club members meet up for out of season rides:

Sunday at 9.00 am
 Meet at the City of Nottingham Tennis Centre
 University Boulevard
 Nottingham
 NG7 2QH

There are usually three groups who meet to ride routes of varying length and intensity. These range from about 30 miles up to 65 miles and can take between 2.5 hours and up to 4.5 hours.

The more people who come, the easier it is to form groups of similar ability. Routes are regularly posted in advance on the forum.

Please note:

Helmets are compulsory!
 These are not coached rides. Riders are encouraged to have their own individual third party insurance e.g. through membership of British Triathlon, CTC etc.
 Please make sure you bring:
 Appropriate clothing.
 Think about nutrition you may require on the ride (e.g. energy drinks and energy bars/gels).
 Spares – inner tube, puncture repair kit, pump, multi-tool (as a minimum).

Please see further details in the newsletter for some hints and tips for group riding.

Running

Running coaches Chris and Leigh look forward to welcoming you every:

Wednesday at 7.00pm - 8.00pm
 Harvey Hadden Sports Complex
 Wigman Road
 Bilborough
 Nottingham
 NG8 4PB

These track based sessions include warm up, technique improvement drills, endurance and/or speed work. Winter sessions are based around circuit training.

Saturdays 9.00am

Several club members have been meeting at Casa on Trent bridge for a steady longish run (up to 1.5 hours). Details of this informal session will be posted on the club forum.

Formula One Running Club

If you can't make the track session on a Wednesday night, then it might be worth knowing that we have a reciprocal deal with Formula One running club.

TFN members receive a £5 discount on the annual running club membership of £10.

Membership includes free training sessions on a Tuesday and Thursday at 6:15pm (a small fee may be charged for use of lockers and showers), 5 free cross country races and 5 free road races per year. The running club is city centre based, so could be ideal for anyone working in or around Nottingham. Also as a member of an affiliated running club you will make a £2 saving on each open running race that you enter. For more details go to:

www.formulaonecc.co.uk

Please check the forum on the website

Any changes or information regarding these (or additional) sessions will be posted on the forum.

TFN Tri Club: Kit

You've joined the club, you've done some training, entered a few races....why not look the part too? Club members are most welcome to purchase any items of club kit.

Tri Suits

Manufactured by respected Canadian brand Sugoi, one piece tri suits are available in a full range of sizes for males or females. We are expecting delivery of our latest order in late April, ready for the forthcoming season.

Club secretary Dave Griffiths is our kit monitor. There are posts on the forum so you can post your order on there – or if you are shy about your size, you can speak to Dave in confidence!

Prices:

Cycling kit

We do have some limited numbers of club cycling kit available – short sleeved and long sleeved jerseys and bib shorts. Again, please speak to Dave Griffiths.



Club members modelling the club kit after the Dambuster triathlon last June.

TFN Tri Club: Kit Sponsors

Many thanks to our club kit sponsors:



Visit the TFN Shop.
72 Wollaton Road, Beeston, Nottingham NG9 2NZ
Tel 0115 9222226
Opening hours: Mon-Sat 0930-1730
 Club members receive a 10% discount on purchases



Check out the web site for les Stables triathlon training complex in the Dordogne, France. Full review coming soon.....

Cycling

GROUP RIDING RULES AND ETIQUETTE

Riding in a group requires adherence to certain "rules". Without wishing to patronise anyone, here are some important issues to try and stick to when out on the road.

Be Predictable - This may be the most important rule and it involves every aspect of riding from changing positions in the group to following the traffic rules. Part of being predictable is riding within the rules of the road as a vehicle. Groups should maintain integrity when approaching junctions. That means staying in the correct lane, stopping together, and starting together as traffic allows. It goes without saying that if we demand the right to ride on the road, then we must be willing to ride responsibly...especially as a group.

Don't Overlap Wheels - Some people do it from lack of concentration, others may just not know any better, but sooner or later they'll crash. There is no recovery from a front wheel deflection. All it takes is for the person in front to move sideways a few inches...if someone is overlapping his or her wheel, that someone will go down along with practically everyone who is behind him. Many times the person in front can recover, but not the people behind.

Be Steady - This includes speed and line. When everyone is working for the group, maintain a steady speed as you go to the front. Sudden braking will set off general alarms from everyone in the rear and make you very unpopular.

Announce Hazards - When you are in the lead, you are responsible for the safety of everyone behind you. You will become very unpopular very quickly if people behind you keep bouncing off of potholes, running over rocks, or reacting to unsafe traffic situations that you fail to point out. You need to be very vocal when approaching junctions, slowing, stopping, or turning and all actions should be smooth and deliberate. Riders in the pack should relay these warnings to the rear. When you are following, announce oncoming traffic from the rear...in this case others should relay this info toward the front.

Signal - Signaling lets everyone (vehicles and riders) know your intentions... This makes you predictable. Also, it's a good idea to make eye contact with oncoming traffic at junctions.

Don't Fixate - If you are staring at something (i.e., the wheel in front of you), eventually you'll hit it! Learn to be comfortable looking around or through the riders ahead of you. This will allow you to see things that are developing in front of the group.

Stay Off Aero Bars - They are much too unstable to be used in a group ride. Plus, you don't need to be on aero bars if you are in a pack as you will receive more aerodynamic effect from the other riders anyway.

Maybe...one exception...when you are at the front pulling you can get away with it, but never, never, never when you are within the group or following a wheel. But, sooner or later, steering with your elbows in a group will lead to trouble! Use aero bars for what they are meant for...solo fast riding.

Don't Leave Stragglers - If you get separated, as a matter of courtesy, the lead group should soft pedal until the rest have rejoined. No one should be left alone on a group ride. Another note here is that if you are the one who will be caught by the light, don't jump the red light to maintain contact.

Know Your Limitations - If you're not strong enough or too tired to take a turn at the front, stay near the back and let the stronger cyclists pull in front of you instead of making them go to the back of the line. Another point here, don't pull at the front faster and longer than you have energy to get back in at the rear.

Change Positions Correctly - Keep a steady pressure on the pedals until you have cleared the front and take your position at the rear

Climbing - If you need to stand up, try and do so smoothly keeping a steady pressure on the pedals. This will keep you from moving backward relative to the rider behind you.

Relax - It will allow you to be smooth and responsive. If you see someone who is riding a straight line and is very steady, he/she is undoubtedly relaxed on the bike. It not only saves energy, but it makes bike handling much more effective. If you are riding in close proximity of other riders there's always the chance that you may come into contact with them. If you have tense arms and get bumped from the side, the shock will go directly to the front wheel and you will swerve, and possibly lose control. If you are relaxed, it's much easier to absorb the bump without losing control.

TFN Tri Club Open Water Swimming Sessions:



Colwick Park

West Lake

Sunday Afternoons

5pm – 6.30pm

Yes, it's time....the water has warmed up (!) and we can start using the lake for our open water swimming sessions.

We meet at the West Lake – enter by car via River Road (off Colwick Loop Road), £1 entry fee at the barrier and then follow the road to the West Lake car park – it's further than you think.

These sessions are for club members only – you must sign in and register with the session leader who will then go through details of the session – normally a lap or two of the course in the picture above.

This is a great opportunity to learn the art of putting your wetsuit on (keep those finger nails short), and taking it off as you would in transition.

When getting into the water, it is best done slowly and carefully. The ramp is often very slippery. Diving or jumping into unknown water is not something that could be described as a good idea - you have no idea how deep the water is and what might be in there under the surface: rocks, shopping trolleys, broken glass (*this is Colwick, not the Maldives!*) are all possible so take care.

Once safely in the water the best tactic is to get your face in and get used to the temperature - at this time of year it's not unusual to experience the "ice cream headache" effect of getting your head cold. You can wear two regular swim caps or one of the neoprene ones to reduce this, try to keep the cap low on the forehead and protect as much of this areas as you can. The body loses a significant amount of heat through the head so insulating it against the cold makes sense.

Hands and feet will get chilled but you are not allowed either gloves or booties during the swim so you'll just have to practice transitions with cold hands!

Navigation can be difficult. Looking up tires you out and slows you down – practise swimming 20 strokes in a straight line with your eyes closed, learn to correct any veering off to one side then use this skill to save time in races.

Look for the buoys, trees, bridges, parked cars – these can all help keep you on route. Know where to expect to see the buoy, tree or other navigation

marker – they are easier to spot if you're looking in the right direction in the first place.

Important notes:

- Please make sure you wear a bright coloured swim cap.
- If you do get into difficulty roll over on to your back and raise a hand in the air.
- The quality of water in the lake cannot be guaranteed (*though it's not all rat urine and duck poo*) – please remember you swim at your own risk.
- Do not** swim here at any other time. The City Council will stop us swimming here.

Enjoy!