



Newsletter

March 2007, Issue 4

Individual Highlights:

Headlines	1
Club News	2
Club Details	3
Race Schedule	4
Transitions	6

TFN News

Welcome to the fourth issue of the *TFN Tri Club* newsletter and the first one of 2007!

The purpose of this newsletter is to keep you

updated on the latest club news, events, and races happening throughout the year.

Ultimately this is *your* newsletter and needs *your* input, so if there's

something you'd like to have included, then please get in touch.

Email: ian.gregson@btinternet.com

2006 – A Great Year!!

Opening the *TFN Tri Club AGM on the 7th December, Steve Butler (Chairman) proudly reported on the club's successes over 2006.*

Club membership is back up to strength with over 100 members, and attendance at training sessions is at record levels.

The club's identity has been further strengthened with the very popular (and very visible!) club kit, and a further delivery of bike kit is due from Sugoi in mid-March.

The club's finances are healthy, thanks mainly to the success of the Children's Triathlon, and as a result it has been agreed that the annual membership fee will remain unchanged for 2007.

The club has also had a great year in racing. Many new members enjoyed their first triathlon, and the club has had a high profile, the relays in August being one of the highlights of the year.

The social side has also grown with regular meets at the Horse & Groom, and several very popular

evening meal (and drinking) sessions organised throughout the year.

The AGM closed with the presentation of trophies with the "Best Female Athlete" being presented to Sarah Jefferson, and "Best Male Athlete" going to Simon Reavill.

A great year indeed and thanks are due, not only to the committee for its continued hard work, but also to you, the membership, for making this club such a success.

Here's to an equally successful 2007!

Club News & Events

Membership

A warm welcome to those of you who have joined in the last few months.

If you know of anyone else who is interested in getting involved with Triathlons, then do encourage them to come along to one of the regular training sessions.

Christmas Bash

On Tuesday, 19th December, the Red Hot Buffet Shack served as the venue for the *TFN Tri Club* Christmas outing.

Pre-meal drinks at the Bunkers Hill pub were followed by an 'eat all you can' buffet bonanza!

A great night out had by all, and our thanks go to Dave Vernau (aka Curly Dave) for sorting out all the bookings.

Drinks evenings

A reminder to everyone, that those who want to meet for a drink with other club members can do so every **3rd Thursday** of the month at the **Red Lion** (nr Noel Street baths) after the swim session.

Subs!

Annual membership fees are now due. As reported, membership fees have remained unchanged as agreed at the AGM. So, thanks to those of you who have already paid. For everyone else, can you please pay up!

Senior £15.00

Junior (17-20) £15.00

Family (2 Adults

+ child[ren] £30.00

Tri Star (up to 13)£5.00

Youth (14-16)

Associate / Student£5.00

Formula 1 Affiliation£10.00

Other Affiliation£12.00

TFN Tri Club cycling kit

After much negotiation with Sugoi, the long awaited *TFN Tri Club* cycling kit is on its way.

A mixture of bib shorts, long sleeved and short sleeved jerseys have been ordered and are due to arrive mid-March.

Many of you have already registered your requirements on the Forum, but some extra kit has been ordered so for anyone still interested, please post on the Forum or let Dave Griffiths know.

NB Payment will be required in full before kit is released.

Swimming at Portland

As most of you will be aware, Noel St pool is currently closed due to problems with the roof and is likely to be out of action for 2-3 months.

Having reviewed various options, the pool at Portland Leisure centre (Muskham St, The Meadows, NG2 2HB, 0115 9150015) has been selected as a replacement venue.

The session runs from 8.30pm until 10.00pm every Thursday. The club will continue to use this pool until Noel Street re-opens (possibly the 26th March).

Thanks Phil!

Big thanks to Phil who has produced the previous newsletters – a great job done in raising the profile of the club. From now on the newsletter will be compiled by Ian Gregson. Any news, articles of interest, embarrassing photos should be sent to: ian_gregson@btinternet.com

Club Details

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

Chris Hunt – Treasurer

Dave Griffiths – Secretary

Conor Donnelly - Member

Ian Wright - Member

Ian Gregson - Member

Phil Johnson - Member

Dave Vernau - Member

Vicki Lockhart - 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 Nov / Dec at the same location and invitations to the whole club will be sent out in plenty of time.

Website – If you haven't found it already, then go to: <http://www.tfn.org.uk/>

The website has loads of information including training sessions, race results & photos, plus the *TFN Tri Club* message board (click on "Forum"). Here you'll find the latest news and views grouped into:

General

Training

Racing

For Sale / Wanted.

Setting up an account is quick and easy, and we'd encourage everyone to use this message board to let others know what races you are attending.

Training Sessions

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

Swimming

Notts Uni pool – coached sessions every *Monday at 7.30pm (8.30pm outside of term time)*

Portland Leisure Centre – coached sessions every *Thursday* from 08.30pm – 10.00pm (NB this is a temporary venue following the closure of Noel Street).

Colwick Park – open water swim (from June onwards) every *Sunday at 5pm*.

Cycling

Meet at the Tennis Centre every *Sunday at 9.00 am*. Usually a 2-2.5 hr ride. Helmets compulsory!

Winter rides have started again with a good turn out. The more people who come, the easier it is to form groups of similar ability. It is planned to have routes posted in advance, so keep an eye on the Website.

Running

Harvey Haddon stadium every *Wednesday at 7pm*

(NB Winter sessions are based around circuit training)

All sessions above are 1 hour unless otherwise stated.

NB check the message board regularly for any changes to the above

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

Racing Schedule

Well, the racing season's pretty well much over now, and hopefully everyone will have managed to have at least one race in the bag. Congratulations to everyone, but particularly to those of you who competed in your first triathlon this year, and to those who stepped up to bigger challenges: Olympic distance, Half-Ironman, Full Ironman – you should be proud of your achievements. But though this year's races are nearly done and dusted, next year's are in the calendar and if you're planning on taking part in the bigger events, you will need to start thinking about entering NOW!! The popular events fill up very quickly these days.

Below is a list of next year's local / club races (where dates are available). If you're planning to race somewhere, then make sure also that the race has been added to the "Racing" section of the *TFN Tri Club* website Forum, and add a post to say you're going. This is a great way of finding who else from the club is going, and will make it easier for sharing lifts and accommodation. Races highlighted in bold are Club Races.

Triathlons

DATE	EVENT	DISTANCE	WEBLINK
25 th March 2007	Derby Duathlon	5km/20km/4km	http://www.derbytriathlonclub.co.uk/
28 th April 2007	Ashbourne Duathlon	12km/40km/4km	http://www.punishingevents.com/
22nd April 2007	Duston Triathlon	400m/20km/5km	http://www.justracinguk.com/
6th May 2007	Southwell Sprint Triathlon	400m/20km/5km	http://www.onestepbeyond.org.uk/
13 th May 2007	Etwall Sprint Triathlon, Derby	500m/30km/6km	http://www.derbytriathlonclub.co.uk/
TBC	Grendon Triathlon	750m/20km/5km	http://www.justracinguk.com/
June 2006	National Sprint Championships	750m/20km/5km	http://www.britishtriathlon.org.uk/
3rd June 2007	Bala Middle Distance Triathlon	2km/78.5km/20km	http://www.wrecsamtri.org.uk/
11th June 2007	Royal Windsor Triathlon	1500m/40km/10km	http://www.humanrace.co.uk/
17th June 2007	Mansfield Sprint Triathlon	400m/20km/5km	http://www.onestepbeyond.org.uk/
23rd June 2007	Dambuster Olympic Triathlon, Rutland	1500m/40km/10km	http://www.pacesetterevents.com/
8 th July 2007	Wakefield Triathlon	1500m/40km/10km	http://www.onestepbeyond.org.uk/
14 th July 2007 (TBC)	The Little Beaver	1500m/40km/10km	http://www.justracinguk.com/
15th July 2007 (TBC)	The Beaver (National middle distance Champs)	2km/80km/20km	http://www.justracinguk.com/
TBC	Darley Abbey Sprint Triathlon	750m/20km/5km	http://www.punishingevents.com/
15th July 2007	Ironbridge Olympic Triathlon	1500m/40km/10km	http://www.ironbridge-triathlon.co.uk/
TBC	Hathersage Hilly	420m/20km/6km	http://www.highpeaktri.org/
22 nd July 2007	David Lloyd Sprint, Lincoln	400m/20km/5km	http://www.onestepbeyond.org.uk/
11th August 2007	National Club Relay Championships	500m/15km/5km	http://www.onestepbeyond.org.uk/
12 th August 2007	Holme Pierrepont Super Sprints Triathlon	500m/10km/3km	http://www.onestepbeyond.org.uk/
12 th August 2007	Holme Pierrepont Sprint Triathlon	750m/20km/5km	http://www.onestepbeyond.org.uk/
26 th August 2007	Blithfield Triathlon (*NEW EVENT*)	1500m/40km/10km	http://www.punishingevents.com/
TBC	Clumber Park Sprint Triathlon	750m/24km/5km	http://www.onestepbeyond.org.uk/
TBC	Clumber Park Classic Triathlon	1500m/40km/10km	http://www.onestepbeyond.org.uk/
9th September 2007	Northampton Classic	1500m/40km/10km	http://www.justracinguk.com/

Racing Schedule cntd...

DATE	EVENT	DISTANCE	WEBLINK
8th September 2007	The Vitruvian, Rutland Water	1900m/90km/21km	http://www.onestepbeyond.org.uk/
16th September 2007	Derby Sprint Triathlon	400m/18km/5km	http://www.punishingevents.com/
16th September 2007	Bala Standard Tri	1500m/40km/10km	http://www.wrecsamtri.org.uk/
TBC	Kid's Championships	Various	http://www.tfn.org.uk
23 rd September 2007	Lastminute Tri, Southwell	400m/20km/5km	http://www.onestepbeyond.org.uk/
23rd September 2007	Road Triathlon	414m/20km/5km	http://www.justracinguk.com/
7th October 2007	Carsington Short Course Duathlon	5km/30km/5km	http://www.punishingevents.com/
5th November 2006	Dovedale Dash	6km	http://www.dovedaledash.co.uk

Racing Schedule cntd...

Road & Cross Country League 2006/7 (Notts AC & East Midlands Cross Country)

2007

10 Mar	National XC Champs	Sunderland
31 Mar	Midland 12 Stage Road Relays	Sutton Park
9 Apr	Easter 10k	Wollaton Park
14 Apr	National 12 Stage Road Relays	Sutton Park

(For more details, visit <http://www.nottssac.co.uk/fixtures/cross%20country.html> . Check out www.hprcrun.co.uk as well for additional open races)

Dambuster Triathlon Saturday 23rd June 2007

Mark Shaw (of Transition Sports / Les Stables) who organizes Dambuster has very kindly offered a reduced price entry to the Dambuster for TFN members.

The deal is to qualify you must be

- Fully paid up member of TFN tri club
- Race in club kit (which is part sponsored by Les Stables!!!)

To enter you need to fill in the special form (which only Chris Hunt has!!!), so..... if you want to race send him an email.

Be aware that numbers are limited and it fills up fairly quick, so get your entry in sooner rather than later.

For those who haven't done it ... it's an excellent race (despite the early start - on a Saturday!!!).

And for those who don't want to do it ... help with Marshalling etc always goes down well (and supports the club in terms of us getting good deals from Mark!!!!)

Transitions – the “Fourth Discipline”

Ever forgotten where you racked your bike? Struggled to get socks on to damp, grassy feet, or wrestled to unfurl your cycling jersey over a wet back? Can't quite work out why the slow guy you passed on the bike leg is now ahead of you on the run?

If any of the above ring true, then you may want to work on your transition tactics! Take a look at the race results for Windsor: for mid-field athletes, there is an average of 1.6s between each race position. So a 30s delay in transition in such a race, could lose you 20 positions on the day!

The following tips and hints gleaned from personal experience (and from triathlon masters) should help you improve your transition times, and hence you success on race day.

1. Wear a tri-suit – you can swim in it, cycle in it and run it. It negates the need to change, and should be warm enough for most races.

2. Use elastic laces – your motor skills can be somewhat impaired after a long cycle, and cold fingers make it even more difficult to tie up laces.

3. Dust your shoes – a light sprinkling in your shoes makes them easier to put on with damp feet.

4. Ditch the socks – weather permitting, if it's

warm enough try cycling and running without socks on.

5. Wetsuits – if used in a race, prepare by lubricating wrists and ankles to facilitate removal. On exiting the water, undo the zip and pull down the top half of the suit to your waist. On arrival at your bike, use a combination of hands and feet to remove the lower half.

6. Nutrition – bottles should already be on your bike. Tape nutrition bars / gels to your bike frame for easy access on the ride.

7. Transition layout – have a towel on the ground next to your bike to dry your feet on arrival.

8. Helmet / sun visors – place your helmet on your tri-bars ready to go; sun visors can be looped on your handlebars and can be put on once on the bike route.

9. Orientation 1 – locate the swim entry point to the transition area. Stand there and look to see where your bike is racked. Do you go left or right? How many racks will you pass? How far down the rack is your bike?

10. Orientation 2 – stand by your racked bike. Locate the bike and run exits. What's the quickest way to get to them, bearing in mind during the race there will be many other competitors coming and going.

11. Orientation 3 – locate the bike entry point to the transition area. Stand there and look to see how you get to your racking point. Do you go left or right? How many racks will you pass? How far down the rack is your bike?

12. Mounting your bike – there are several methods, some of which involve having your cycle shoes already attached to your pedals and held in place with rubber bands, other where you put them on before de-racking. Either method needs practice – speak to experienced members of the club for a demonstration!

13. Dismounts – various methods again, but a tried tested one is as follows. Approx. 100-200m before the dismount line, take your feet out of your shoes and continue to pedal to the dismount line with your feet on top of your shoes. Slow down near the dismount area, swing your right leg over and move it inside your left leg. At the point of dismount, your right leg leads enabling you to start running immediately. Practise!

14. Mental walkthrough – when you're all set up, mentally walk through all the various transition stages.

Happy transitioning!!