

# FAQ'S & GENERAL INFORMATION



## General Information

### 1. General Information for Cycling Sessions

- For the Saturday Endurance Ride, cyclists should be capable of riding for 2-3 hours without a break. (Riders that do not meet this criteria please attend the beginners cycle as per timetable)
- Cyclists should be ideally using a road bike, otherwise they may find it harder.
- Riders should be self-sufficient and bring a pump, spare tube(s) and tyre levers, along with any food and drink they require.
- The Sunday rides are a more relaxed pace so recommended for new members.
- Riders are responsible for their own safety, and insurance cover.
- If a rider is 18 or under then their parent or guardian is responsible for their safety.
- All cyclists are strongly advised to wear a helmet for all rides.

### 2. General Information for Swimming Sessions

If you are interested in further information about the coached and/or uncoached swim sessions on our programme, please contact us. Open water swimming sessions may be available during the warmer months, please speak to the Head Coach for further details. It is requested that individuals attend at least 3 pool sessions before attending an open water session.

### 3. General Information for Running Sessions

- Tuesday Run sessions are open to all speed levels but the ability to run for 5k (3.1 miles) without stopping is required. If individuals are unable to meet this criteria Pont-y-Pwl First steps group meet at 6:30pm on a Monday and they can help them build up to this.
- The Tuesday run sessions will mostly be speed and technical sessions consisting of Intervals and drills aimed to improve strength, speed and efficiency.
- The sessions will always accommodate all speeds of runner.
- Adequate running shoes and visible clothing are requested along with a head-torch for the darker nights. We can offer basic advice relating to equipment.

## FAQ's

### 1. What is Torfaen Triathlon Club (Torfaen Tri)?

Torfaen Triathlon Club has been formed as a partnership between Pontypool and District Runners (running club), Torfaen Dolphins (swimming club), Pontypool Road Cycling (cycling club), and Torfaen Leisure Trust Ltd. (not-for-profit leisure operator) with the support of Welsh Triathlon (governing body for Triathlon in Wales).

### 2. What is the purpose of the club?

The club exists to provide an opportunity for anyone in the Torfaen community and the surrounding areas wishing to take part in Triathlon to receive coaching and support and to represent the club at events across the UK and around the world.

### 3. How can I keep up to date with Torfaen Triathlon Club news and events?

To hear about all of our news, events, offers and promotions please 'Like' Torfaen Triathlon Club on Facebook, and/or follow Torfaentri on Twitter.

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## 4. What age groups are able to join?

While we hope to expand our offering to children eventually the current age restriction is 16+.

## 5. What does membership cost?

The annual membership to Torfaen Triathlon Club is £25.00. This covers the cost of the running session, and the Saturday and Sunday cycling sessions. To access the swimming sessions there is a monthly Direct Debit to cover the costs of the pool hire. Spin sessions are £2.00 per session, but free for Torfaen Leisure Trust gym members.

<b>Annual Membership Fee</b>	<b>£25.00</b> (payable by cash or cheque)
<b>Monthly Direct Debit (for swimming)</b>	
<b>TLT Gym Member</b>	£10.00
<b>Non-TLT Gym Member</b>	£16.00

## 6. How do I get involved?

To become a member you will first be encouraged to attend a 'Trial Night' which take place on the 1st Monday of the month at 8.15pm. Minimum ability levels are detailed below. New members need to complete a basic membership form, and fitness declaration. There is also a direct debit mandate for access to swim sessions.

## 7. Is there a minimum ability level?

All of the standards below are guidelines and are in no way set in stone. We encourage anyone interested in getting involved to get in touch with us to discuss their ability levels. This will help us to find the best way to get you started.

### Swimming

Anyone that wishes to join should be a competent swimmer. For those that have previous experience either as a swimmer or triathlete a trial would not be necessary but for those new to the sport, a trial maybe required in order to allocate training lanes.

### Guidelines

- Competently swim 400m.
- The swim should be front crawl.
- Trial Night will take place on the 1st Monday of the month at 8.15 at PALC.
- Swimming lessons can be arranged directly with Torfaen Leisure Trust for anyone wishing to improve their swimming prior to a trial night.

### Cycling

- Cyclists must have the ability to ride for 2-3 hours for the Saturday Endurance Session.
- It is recommended that cyclists attend one of the Sunday sessions before attending a Saturday session.
- Sunday sessions will include beginner and moderate rides.

## 8. How can I get in touch with you?

You can email us at [Torfaentri@gmail.com](mailto:Torfaentri@gmail.com), find us on [facebook.com/TorfaenTriathlonClub](https://www.facebook.com/TorfaenTriathlonClub) or [Twitter.com/torfaentriclub](https://twitter.com/torfaentriclub), or pop into see us at one of our training sessions.

## 9. Personal Insurance

Torfaen Triathlon Club are affiliated to Welsh Triathlon and that we recommend each individual joins personally (at a discounted rate as a member of an affiliated club) in order to take advantage of the benefits including insurance for training and racing.