



4Life Tri Club Newsletter

Youth and Adult Section

Welcome

We have seen a large number of new members since the start of the new year and hope that you have been made to feel welcome in the club.

Club training times continue to be Tuesday run and swim, Friday swim and Sunday bike. Many members also meet together informally to train so do ask around or post on the forum if you prefer to train with others.

Towards the end of April open water swimming will start – details will be put on the web-site nearer the time.



East Leake Triathlon

East Leake Triathlon, which takes place on Sunday 28th March, marks the beginning of the race season for many. The event is organised by Dean and Rich, who together run 4Life Events. So whether you are racing or not; please try and come down to support the event and other club members, some of whom will be doing their first triathlon, whilst others will be hoping to reap the benefits of hard winter training with improved times and places.



4Life Tri Club March 2010

Useful Contacts:

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Acting Chair
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Debbie Botting – Club Kit
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AGM

Our Annual General Meeting will be held at East Leake Leisure Centre on Wednesday 17th March @7.30pm. All are welcome to come along to support the club.



Keeping in touch...

We try to communicate where ever possible via the 4Life web-site.

www.fourlife.com

The forum is used to highlight events, different training opportunities, social outings and lots more. You need a password to post on the forum. Please contact Helen if you haven't got one.

Also the web-site has a members area that Dean uses to pass on training plans and generally give advice.



The National Relays

One of the most exhilarating and fun events on the UK calendar, the Club Relays, which takes place at Holme Pierrepont on Saturday 21st August and revolves around teams of four using a tagging format where everyone swims, everyone bikes and everyone runs with a rest in-between.

4Life will be entering numerous teams with the emphasis on fun, inclusiveness and competition. Everyone (15+) who would like to, is welcome and encouraged to take part. Please email your interest to Dean ASAP and also if you have strong preferences as to other team members in advance. These can not be guaranteed but will be taken into consideration. To encourage healthy competition amongst the club we will be looking to select at least one strong female, male, youth and mixed team, with the remainder being made up of mixed teams of experienced and beginners.

Planning Your Race Season

This year we will be running our own Club Champs! The events we have chosen are listed below – prizes will be awarded for different age groups and the overall club record. You are not expected to do them all! But we would encourage everyone to compete and represent the club at some level.

Monday 3 rd May	Mallory Park Triathlon
Saturday 19 th June	Dambuster Triathlon - Olympic
Saturday 4 th September	Vitruvian Triathlon – Middle Distance
Sunday 19 th September	Last Minute Triathlon - Southwell

More diary dates, including a range of competing and training opportunities can be found on the members' area of the web-site. If you can post your race plans on the forum we would appreciate it! ☺ Thank you.

Congratulations to everyone who took part in the Rushcliffe 10k! Excellent results all round.



Club Clothing

We would like to see all members wearing club colours, especially when competing.

We have recently changed our supplier of tri-suits and cycling jackets and are awaiting a delivery. Please speak to Dean for either of these items. Other kit can be ordered from Debbie.



If you would like to get more involved in volunteering in any capacity in the club come and have a chat to one of the coaches or committee member.

Annual membership is due at the beginning of April. Details of how to renew will be put on the web-site, thank you.

Club League

This year we are running a club league table. Points will be won for competing in triathlons and other events as a 4Life competitor. Points can be topped up by marshalling, assisting coaches with time trials etc. It starts 1st March and runs until October, standings will appear on the web-site and various other circulations. Keep Tri-ing!!

4Life Tri Club

Triathlon in South Nottinghamshire

