



Members' Handbook

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1. Chairman's Introduction

Welcome!

For those who have recently joined Tri2O, welcome to the club! We hope that you'll get everything you expected from a triathlon club and more, whether you're a seasoned triathlete looking for medals, or a first-timer just contemplating entering a triathlon, or in fact anything in between. We also welcome members who want to participate in other multisport events involving swimming, cycling or running.

For those who are renewing their membership, we thought we'd take the opportunity to remind you of some of the great benefits that come with being a member.

We are a friendly and inclusive club that prides itself on providing training opportunities and advice to athletes of all abilities - we are keen to ensure that nobody feels excluded. There is a strong social element to the club, particularly through the group bike rides, weekly runs and coached swim sessions, but also with nights out. We also have club championship events to encourage members to race together and get to know each other. We hope you'll make some good friends and find new training buddies.

A newsletter is posted on our website and a link sent out by email every 8 weeks, with news of upcoming events and links to race reports written by members. We have a vibrant WhatsApp community with a number of subgroups covering all things triathlon. Please do join this community (even if you don't join any subgroups!) as key pieces of club information are shared in Announcements. We also have a closed Tri2O group on Facebook and would encourage you to request membership of this group. All our club events including the race calendar with Club Championships are listed on Stack Team App. Our website contains information about club championship races including the winter running competition and of course about our club-run event the Reading Triathlon, which all members are encouraged to support through volunteering and marshalling.

This member pack contains:

- Club Committee members' contact details
- Top Triathlon Tips
- Training schedule
- Club kit
- Benefits of membership

If you are a member of British Triathlon you can use your membership card as ID to obtain discounts with our local partners (see Section 6) provided that Tri2O is stated as your Club on your card. If you would like a Tri2O membership card please visit the <https://tri2o.teamapp.com/store> to create your membership card. Please contact membership@tri2o.club if you need assistance with your membership card.

Good luck for the upcoming season, we look forward to seeing you and hope you have fun and achieve all your goals!

Mark Berriman, Tri2O Club Chairman, and the rest of the Tri2O Committee

2. Club Committee Members and Contact Information

Main committee			
Club Chairman	Mark Berriman	chairman@tri2o.club	07919 555555
Club Secretary	Nora Holford	secretary@tri2o.club	07840 4595019
Head Coach	Georgia Jackson	coaching@tri2o.club	07970 646713
Treasurer	Roger Ganpatsingh	treasurer@tri2o.club	07939 651365
Social Secretary	Imo Jackson	social@tri2o.club	07775 860560
Communications Officer	Ocean Allen	info@tri2o.club	07773 889355
Men's Club Captain	Paul Archer	captain@tri2o.club	07795 803770
Women's Club Captain	Sarah Phillips	captain@tri2o.club	
Membership Secretary	Nicky Rumsey	membership@tri2o.club	07941 345565
Welfare Officer	Kate Kitto	welfare@tri2o.club	07714 097639
Other roles			
Webmaster	Ocean Allen	webmaster@tri2o.club	07773 889355
Social Media	Imo Jackson	media@tri2o.club	07910 368939
Kit Secretary	Paul Archer	kit@tri2o.club	07795 803770
Coaching committee			
Head Coach	Georgia Jackson	coaching@tri2o.club	07970 646713
Bike Officer	Francesco Spanu	bike@tri2o.club	07841 418028
Swim Officer	Iain Gerrard	swim@tri2o.club	07425 605039
Run Officer	Edwina McDowall	run@tri2o.club	07713 330190
Reading Triathlon committee			
Race Director	Jamie Shillam	events@tri2o.club	07725 016050

Reading Tri Team Coordinator	Georgia Jackson	events@tri2o.club	
Reading Tri Team Coordinator	Iain Marsh	events@tri2o.club	
Reading Tri Team Coordinator	Sarah Phillips	events@tri2o.club	

Email, website and social media

Club general email: info@tri2o.club
 Web page: www.tri2o.club/
 Members only area: <https://www.tri2o.club/members-area/>
 Facebook group: www.facebook.com/groups/tri2otriathlonclub/ (Request to join)
 Facebook page (public): <https://www.facebook.com/tri2oClub/>
 Stack TeamApp: <https://tri2o.teamapp.com/> (Request to join)
 Strava: <https://www.strava.com/clubs/Tri2Oclub> (Request to join)
 Instagram: [@tri2oClub](https://www.instagram.com/tri2oClub)

3. Head Coach's Top Triathlon Tips

General

- Train for all three disciplines wearing all your race kit at least once
- Experiment with different nutrition strategies and don't try anything new on race day
- Tailor your training to your 'A race' – type of open water, flat or hilly bike and run course
- On multi-lap courses know how many laps you need to do and decide how to count them
- Write down your goals for the season – make them realistic and within your control, and don't just choose target times – think about process goals too
- Always have a race plan: visualise every stage of race day, write it down, and think about the things that might go wrong and how you will deal with them
- Think about what you enjoy, why you're doing it, and make sure your race choices, training and goals reflect this – life is short and for most of us this is a hobby that is supposed to make our lives better!

Swim

- Consider all aspects of swim training: technique, open water skills and general swim fitness
- Having a coach watch you swim can be invaluable for providing specific advice regarding your swim technique – our club sessions are a fantastic opportunity for this whilst training
- Practise different sighting techniques in the pool and in open water to find what works best for you
- Wear goggles under your swim cap to prevent them being knocked off in a race
- To ease wetsuit removal:
 - Moisturise ankles and wrists the night before and prior to your race
 - Just before you finish the swim pull your neck seal to allow water to flood your wetsuit
- Practise drafting behind and alongside swimmers that are slightly faster than you, but don't have a race plan that is dependent on this; swim your own swim!

Bike

- If you're not very good at hills, or don't like them, then do more! Hill training is fantastic for improving strength and fitness (depending on how long/short/steep/shallow/fast/steady the hills are!), resilience and bike handling
- Practise mounting and dismounting your bike in your race kit, a lot
- Carry a puncture repair kit or tyre sealant so you can fix a puncture during a race
- In training do a short run off the bike or turbo every week to get used to the "jelly-legs"
- The most common mistake people make on the bike is to go too hard and sabotage their run – practise your pacing, and work out how hard you can go for your race distance and still run well off the bike
- If at all possible, ride (or failing that, drive) a recce of the bike course – familiarity will make a huge difference to your confidence, planning your pacing & nutrition (e.g. using landmarks)
- Take your bike out for a short spin the day before any race to check for any mechanical issues including tyre pressures

Run

- Hills – the same thing applies as on the bike! Take care of your knees, Achilles tendon and calves though, and make sure you are fully warmed up before you tackle hills. If in doubt, start on a shallower incline to test your resilience
- Put elastic laces in your running shoes for quicker transitions
- Ensure you are familiar with the course and don't rely on spotting the signage in the race
- Practise pacing yourself finishing fast after a hard run so you can pass someone in the finishing chute
- In the same vein as "nothing new on race day", think about whether you will wear socks, change socks, or use talcum powder, and practise!

Transition

- Have a list of what you need in transition and check it before you leave your allocated space
- Walk the swim-in, bike out and in, and run out routes, multiple times prior to the race start
- Don't put a box or bag under your back wheel where it could impede removal of your bike
- Put your bike helmet on the ground rather than your handlebars if it's very windy
- Practise T1 and T2 frequently and think about what you would do if something goes wrong

Don't forget ... !

- Support your swim/bike/run training with strength and mobility consistently all year round e.g. functional strength exercises, weight training, yoga, pilates, and kettlebells, to name but a few options!
- Get the foundations right: a good healthy balanced diet with plenty of unprocessed food, fruit and veg, consistent good quality sleep (don't sacrifice sleep in order to train) and recovery practices like foam rolling, stretching and sports massage
- Without good health and strength, you risk injury and are not enabling your body to best absorb and adapt to the load of training

Finally, have fun! Smiling and thanking the marshals and supporters can give you a real lift when you're flagging!

4. Coaching

4.1 Coaches

As a club we are lucky to have some fantastic coaches who give up their spare time to help with your training, offer advice and give general encouragement. The following club members are qualified triathlon coaches at Levels 1, 2 or 2-Diploma, or 3:

Head Coach – Georgia Jackson

Regular swim coaches

- Georgia Jackson (Level 2 Diploma)
- Jennie Jones (Level 3)

Additional coaches

- Glen Hall (Level 1 / Foundation Coach)
- Edwina McDowall (Level 3)

We have four coached swimming sessions each week.

4.2 Swimming

The coached swim sessions are a great way to get feedback on your technique as well as to train in a group environment. You must be able to swim 200m front crawl without stopping (8 lengths of a standard 25m pool) to access the club coached swim sessions – it doesn't matter how slowly though! If you are not confident that you can do this, you really won't get the most benefit from the sessions as our coaches are unable to give the 1-2-1 input required for beginners within a large group setting. In this case, we recommend that you first attend swimming lessons that are specifically designed for beginners or those learning to swim. If you need help in identifying local providers, or further advice as to whether the sessions are suitable for you, please contact our Head Coach.

Each session costs £8 on a weekly basis, or you can buy a training card from the coach for £75 which pays for ten sessions. The swim sessions are listed below.

You will need to book each swim session you want to attend in [Stack Team App](#). This is the App you used to sign up for Club membership. When you book into a swim session you will be asked to answer some questions, including whether you can swim 200m without stopping. Please book well in advance to allow coaches to plan the sessions effectively and take the attendance register.

Monday	Wednesday	Friday	Sunday
20:30 - 21:30	06:30 - 7:30	05:55 - 06:55	16:30 – 17:30
Palmer Park Leisure Centre	Willink Leisure Centre	Bradfield College Sports Complex	Palmer Park Leisure Centre
Wokingham Road Reading RG6 1LF	Hollybush Lane Burghfield Common RG7 3XP	Bradfield Reading RG7 6BZ	Wokingham Road Reading RG6 1LF
https://www.better.org.uk/leisure-centre/reading/palmer-park	http://www.leisurecentre.com/willink-leisure-centre	http://bradfieldsportscomplex.co.uk/	https://www.better.org.uk/leisure-centre/reading/palmer-park

4.3 Running

The club provides two different run sessions for members.

4.3.1 Virtual Run Club – arranged ad hoc during the off season

Our Run Officer, Edwina McDowall, who is one of our coaches, also provides occasional virtual 6-week run training programmes with weekly feedback to the group of participants. This run training programme will be held once or twice a year. If you want to know when these sessions are, contact Edwina via run@tri2o.club.

4.3.2 Social Runs - looking for leaders!

These are not coached, but are social runs for all abilities and are free to join. Please arrange in the WhatsApp group and events can then be posted on Stack Team App.

4.4 Cycling

4.4.1 Weekend rides

The rides start at a variety of locations, most commonly the Hi5 Swim Centre (Kirtton's Farm Road, RG30 3UN) at 08:00 - 09:00. Please check Stack TeamApp for specific dates and times. The aim is to have a range of speed groups. There will always be a social non-drop ride, generally with a coffee/cake stop.

We are always looking for ride leaders (no special talents or training required!) so do get in touch with Francesco Spanu, our bike officer, at bike@tri2o.club if you are interested in leading a ride, or to find out more in general about the cycling that the club gets involved in.

In addition to club organised rides, members often post their own rides in the WhatsApp group and ask if any club members want to join them. The location for the start of the ride, start time, approximate duration, speed and, usually, the route, are posted by the ride leader. There is often a coffee and cake (optional) stop en route! If you plan to join someone on their ride let them know.

If you have not ridden in a group before, British Cycling have a guide to group riding which can be found here: <https://www.britishcycling.org.uk/knowledge/article/izn20121221-group-ride-0>

You can just turn up for a ride but please note the following basic requirements for club rides:

- ID and Emergency contact details must be carried
- Mobile phone (with group leader's number)
- Spare inner tube, pump/CO2, puncture repair kit
- Check brakes are working
- Front and rear lights
- Appropriate clothing for the weather – Club kit would be great but is not essential!
- Water/energy drink

Please also read our [guidelines for group bike rides](#) on the members only page on our website.

4.4.2 Mid-week rides

In the winter months, there is usually a club Zwift meet-up on Wednesday evenings, starting at 18:30, led by our Men's Club Captain, Paul Archer. The format varies from week to week. Details are posted in the WhatsApp group and on Stack Team App with instructions on how to join. It's a good opportunity to "meet up" with other club members and engage in a little healthy competition if you so wish!

Once the clocks go forward in the Spring and we have more evening light, the Wednesday evening Zwift ride switches to an outdoor ride. The rides will be about 40km. Details of the exact locations and timing will again be on Team App.

Come Spring, it's **Time Trial (TT)** season, and all the local cycling clubs host weekly time trials in the local area; most are 10 miles but longer distances are also organised (25, 50 or 100 miles). They are an excellent way to practise race-pace cycling or just push yourself harder than you would on your own. Entry fees are low (less than £5) and they are really good fun. You don't need a time-trial bike, and in fact there are some events in which TT bikes are not allowed. Our bike officer will be putting together a programme of local TTs that club members will be specifically encouraged to attend, with the security of knowing other Tri20 members will be there to show them the ropes and for some team solidarity!

4.43 Other regular club rides

We have two key rides that take place every year, at roughly the same sort of time each year. These are a great opportunity to meet lots of other club members and ride together. The rides will have groups of different speeds leaving at different times so there is the opportunity for different groups to meet up for coffee/cake or fish and chips!

Katie's Ride (June) - to commemorate Katie Henderson, a much-loved and respected club member who was tragically killed in road traffic collision in 2015 on her way to a race. She was an exceptional athlete with a bright future ahead of her, and loved pink ... we commemorate her by riding, usually wearing something pink, around the hills of West Berkshire.

Fish 'n' Chip Ride (June) - usually around the time of the Summer Solstice we take a Saturday to ride down to Hayling Island for fish and chips on the beach! It's about 86 km (52 miles), and some people lift share to drive back, others make elaborate train plans, and some ride back home again! It's a lot of fun, and of course there's a coffee/cake stop on the way down.

5. Club Kit

It's always nice to feel part of a team and even better to get a few extra cheers when racing and what better way than wearing your club's colours. Club kit and hoodies are available only during a kit order window, we will announce via Facebook and email when these are open.

5.1 Tri, bike and run kit

Champion Systems is our current kit supplier and kit orders are placed several times a year. To order kit, please follow the link in the Facebook/email announcement. This will take you to the Tri2O pages of Champions on-line shop where you can place your order. Once the order window is closed it takes about 4 weeks for the kit to be manufactured and sent to the club kit secretary who then arranges to distribute it to members.



5.2 Hoodies and beanies

The legendary Tri2O orange hoodies are super warm and great for locating your friends at events. These will be available to purchase a couple of times a year. Please look out for an email or the club facebook group for details including how to order and prices.

Email the Kit Secretary at kit@tri2o.club if you have any questions.



6. Retailers and Service Providers Offering Discount

We have negotiated some discounts for Tri2O members with the local businesses listed below. Just let them know you are a member of Tri2O before you pay (you may need to show your Tri2O membership card or BTF card which shows you are a member of Tri2O) and you should be offered a discount. If you are not offered a discount, please let the Club know by sending an email to: communications@tri2o.club.

	http://www.athleteservice.com/ Location: The Oast House, Greys Road Car Park, Henley-on-Thames RG9 2AA Tel: 01491 598089 10% - 20% on selected kit, technique analysis, endless pool, bike servicing and fittings
	http://www.awcycles.co.uk/ Location: 110 Henley Road, Caversham RG4 6DH Tel: 0118 946 3050 10% discount on non-bike items & 5% on bikes
	http://www.banjocycles.com Location: Unit 4&5, Norman House, Hambridge Road, Newbury RG14 5XA Tel: 01635 43186 10% discount
	http://www.barnesfitness.co.uk/ Tel: 07872 805883 10% discount on all event entries Discount code: Tri2o10 ellie@barnesfitness.co.uk
	https://broomwagoncycletours.co.uk/ Discount 20% for transport to and from airport with bikes. Minimum of 3 people. Contact: Mark Griffiths on 07940 187925 or mark@broomwagoncycletours.co.uk

	https://www.cavershamlakes.co.uk/open-water-swimming/ Location: Henley Road, Caversham, Reading RG4 9RA Tri20 is registered as affiliated club. Club members can book an open water swim for £4.50 instead of the standard £6. When booking select the 'Open Water Swimming (Club Members)' option. Provide proof of membership at reception on arrival
	15% discount in Cotswold Outdoor, Runners Need & Snow+Rock in store and online. Sign-up to Explore More benefits scheme (free) to get the discount: https://www.cotswoldoutdoor.com/explore-more-benefits.html Discount flyer available at the end of this Handbook
	http://drummondclinic.co.uk/ Location: Monza House, Vanwall Road, Vanwall Business Park, Maidenhead SL6 4UB Tel: 01628 639 532 10% discount on initial physiotherapy consultations (one per injury) or gait assessments
	www.highfive.co.uk High5 club discount. Code for Tri20 club members, friends, and family to use: H5#TRI2OTC
 H2O Open Water Swimming at Reading Lake and Hi5 at Beale Park	https://hi5ski.co.uk/open-water-swimming/ https://www.facebook.com/H2Oswim/ https://kscan.co/club/tri2o-triathlon-club Club members will need to join NOWCA and book swims on the ACTIO app. Tri20 members can book a swim for £5 rather than £7. To do this you will need to log in to your NOWCA account and find Tri20 in the Club Listings and say you are a member. Once this has been verified by Tri20 you will receive an email to say that you can book swims at the reduced price.

	http://www.mountain-trax.com/ Location: 1 Barkham Grange, Barkham Street, Barkham RG40 4PJ Tel: 0118 976 1130 Free pre-event bike check (book bike in) & uplifted reward points for instore and online purchases
	https://mstevents.co.uk/ Tel: 07917 666 888 10% discount on race entries from 01-Jan-22. Discount code: Tri2010
	https://www.racinglinerrunning.co.uk/ Discount code will be made available for most races 20% discount for club members. Discount code: RLR20CLUB. If the code does not work please email info@tri2o.club
	https://pedalcover.co.uk/ Tel: 0800 121 4424 10% discount on any Pedal Cover home and bike insurance. Use this link: https://pedalcover.co.uk/?ref=tri20triathlonclub
	Massage and Body Therapy in Reading: Studio is located 87-89 Caversham Rd, Reading, RG1 8AN, within Refresh Health Club. Members can book directly on the website or contact Rachel on 07800715453 if they have questions about treatment. There's 20% off their first treatment using code TRI20, and then 10% off ongoing appointments with TRI10. This can be used on any treatment on the website, including sports massage. https://www.bodybyrachelclement.co.uk/

	15% discount in Runners Need, Cotswold Outdoor & Snow+Rock in store and online. Sign-up to Explore More benefits scheme (free) to get the discount: https://www.cotswoldoutdoor.com/explore-more-benefits.html Discount flyer available at the end of this Handbook
	https://runnersretreat.co.uk/ Location: 33, West St, Marlow SL7 2LS Tel: 01628 471322 10% discount on full price items
	https://www.runningreborn.co.uk/ shane.benzie@runningreborn.co.uk Tel: 07831 755007 15% discount
	15% discount in Snow+Rock, Runners Need & Cotswold Outdoor in store and online. Sign-up to Explore More benefits scheme (free) to get the discount: https://www.cotswoldoutdoor.com/explore-more-benefits.html Discount flyer available at the end of this Handbook
	http://www.specializedconceptstore.co.uk/newbury-store/ Location: Unit 3&7, Norman House, Hambridge Road, Newbury RG14 5XA Tel: 01635 33736 10% discount on Newbury Concept Store purchases
	https://upandrunning.co.uk/pages/up-running-reading Location: 96 Broad St, Reading RG1 2AP 10% discount



7. Important Documents

Please take the time to read the following important documents relating to your triathlon club - as a club member you are expected to abide by the Members' Code of Conduct and Club Rules. These documents also contain useful information about how to get the most out of your club.

Tri20 Triathlon Club documents can be found on the **club's website** at the link below:

<https://www.tri2o.club/members-area/>

Discount at Runners Need, Cotswold Outdoor and Snow+Rock



runnersneed
the running specialists

15% discount
for members of Tri2o

How to claim:
Please present this flyer in-store or enter code
AF-TRI-M1

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. Excludes electronics. Partnership discount is only valid for Explore More members upon production of this flyer or use of valid discount code online. Offer expires 31.12.22



You can also use your discount with:

COTSWOLD
outdoor

**SNOW
+
ROCK**