



A. E. FINLEY TRIATHLON CLUB 2010

Welcome old friends and new to the 2010 A.E. Finley Triathlon Club - what a thrill it is to be starting our seventh season! We are a group of adults growing and learning in the great sport of triathlon while improving spirit, mind and body through the unique community that is the A.E. Finley YMCA. We strive to learn from and teach each other while we engage people in all levels of triathlon training. We hope to teach and encourage **new** triathletes as well as learn from and support experienced triathletes. As coordinator of the triathlon club, I will do my best to steer athletes towards other athletes of similar goals and skill levels, provide training seminars and clinics, facilitate our Yahoo! Group message board and provide guidance, leadership, and support to all of our members in their quest to achieve their goals. I am committed to helping our members enjoy the sport of triathlon while maintaining a healthy and balanced life in family, faith, work and play.

- Rosemary Kauffmann

THE WORKOUTS

Swimming

- Monday, Wednesdays, Fridays 5:30 AM and Saturdays at 7:30 AM – Masters Swimming program guided by phenomenal coach Pat Rohner, for swimmers who can repeat 100 yards in 1:45 or faster.
- One evening session per week (night to be determined) w/ coach Rohner – for the less experienced swimmers to become acclimated to swimming condition. This is not stroke instruction.
- Open water swimming at Falls Lake (at your own risk) time and date to be determined by club members.
- Private coaching with Rohner for an additional fee.

Biking

- Tues. 9:30AM BRICK class – 30 minutes indoor cycle, 30 mins (or more) outside running.
- Thurs. 5:45AM BRICK class (same)
- Tues. 6PM Cycle Express class, followed by running if interest is shown.
- All cycling classes at the YMCA
- Road and mountain bike rides set up on weekends by the club members

Running

- Tuesdays 5:45 AM Track workouts at West Millbrook and other running workouts led by YMCA member Chuck Lotz.

Other workouts are determined based on the needs and wants of the members of the 2010 club. Members are strongly encouraged to invite other members on rides, runs, and swims, through the club Yahoo! Group. Members need to specify times, distances, speed, and skill level. As facilitator of the club, I will try to match up athletes of similar skill level and goals.

PROPOSED SEMINARS AND CLINICS:

- Pilates for triathletes
- Heart rate training and other triathlete tips from Chris Eschbach from the Meredith College Human Performance Lab
- Bike Maintenance and Tire Changing by our friends from Inside-Out Sports
- Triathlon Transition Clinic by some of our own experts in the field
- Injury Prevention in Triathlon Training
- Nutrition for Triathlon training and racing
- Swimming stroke clinic by Pat Rohner (specific topic TBD)

TRIATHLON CLUB APPAREL

Every year we provide some piece of triathlon or exercise clothing to our members which is included in the price of the club. Since we will never outdo the popularity of the 2009 Y TRI sweatshirt, I propose a long sleeve dri-fit shirt this year. The subject will be temporarily open for discussion but must be decided by late January. Feel free to share your opinion on the Yahoo! Message board.

Last year we could also order and buy an A.E. Finley Triathlon Club uniform at Raleigh Running Outfitters. If anyone is interested, we may still be able to order the uniforms again. Or we may consider ordering triathlon shorts as a club if folks aren't interested in a whole "uniform."

YAHOO! GROUP

Membership in the triathlon club entitles you to access to the club's exclusive Yahoo! Group. The message board is used solely by tri club members for setting up workouts, meetings, socials, and travel arrangements to races. We also post triathlon training information, club photographs, and some workouts on the group as well as events on a group calendar.

MEMBERSHIP AND COACHING FEES

The club's annual fee is \$70, which includes membership in the club from January until August 31, 2010. One-on-one triathlon coaching is available in 12-week programs for \$240. One-on-one swim coaching is available with Pat Rohner for \$55 per hour or in packages of five hours for \$234 or ten hours for \$442.

Thank you for your interest in the A.E. Finley Triathlon Club as we embark on another great season. We are excited! For more information, feel free to contact me at rosekauffmann@yahoo.com. Please realize I'm a part-time employee of the YMCA, so if you can't find me, contact Assistant Wellness Director Caitlin Palczuk at caitlin.palczuk@YMCATriangle.org