



A.E. FINLEY YMCA MULTISPORT CLUB

Welcome to the **Multisport Club** at the A.E. Finley YMCA! We are embarking on a new venture this year where we hope to connect YMCA members who like to run, swim, or bike or do any combination of the three sports. We welcome and encourage both beginners and experienced athletes because our club is based on the foundation that adults enjoy learning from and teaching each other when they exercise in groups.

The Multisport club is open to Finley YMCA members and embodies the mission of the YMCA – youth development, healthy living, and social responsibility. We put family first. We run; we swim; we bike, we give back to our community through volunteerism. We hope to build a community of training partners within our YMCA as well as connect our members with other athletes in the triangle area.

We will provide informative seminars, group workouts in all of the disciplines, trainings and social events. Each of our club members will also receive a long-sleeve performance shirt.

We will post our club calendar on **MyTrainLocal.com** and possibly use MTL as our message board. (in the past our former triathlon and running clubs have used yahoo groups). Communicating with other club members about workouts, socials, and races, is key to the success of our club. Some of our workouts will be posted publicly as we will have the opportunity to join in group workouts with other athletes in the area. But most of our clinics, socials and classes will be posted on our private calendar and only club members will be invited to attend.

As coordinator of the club, I will strive to guide folks towards others of similar skill level, experience, and goals. I am committed to helping our entire club members meet their goals and enjoy biking, running and/or swimming while maintaining a balanced life in family, fun, work and play.

THE WORKOUTS: This is a sampling of workouts that have been organized by our former club members. Additional workouts will be added as created by club members.

Workouts will be posted on our MyTrainLocal.com calendar

SWIMMING

Masters Swimming – coached by Pat Rohner MWF, 5:45-7AM for swimmers who can repeatedly swim 100 yards in 1:50

Masters Group B – coached by Pat Rohner Mondays 7-8PM for 10 weeks beginning February 13. Conditioning workouts for the less experienced swimmer to become acclimated to swim training. This is NOT stroke instruction.

Open Water Swimming at Falls Lake. (Swim at your own risk!) Time and date vary with time of year.

Private coaching with Pat Rohner (for an additional fee)

BIKING

BRICK classes – Tuesday 9:30AM / Thursdays 5:45 AM (indoor spin and outdoor run)

CYCLE classes at the Y at various times throughout the day. Some members can meet to run after the cycle class.

Tuesday night group ride starting at Brassfield

Weekend Beginner rides – a series of 10 weekend no-drop rides (sat or sun depending on participants) led by volunteers, starting in March

Weekend rides – various times and speeds posted by members of the club

RUNNING

Tuesday morning track workouts at Millbrook Middle School: various speeds and workouts posted
Tuesday night runners also at West Millbrook Middle, a varied group of runners.

Weekend group runs

Weekend group trail runs

Other running workouts posted by the members of the club

SEMINARS

Proposed seminars include but are not limited to:

"Injury prevention" by physical therapists at the Athletic Performance Center

"Pilates for athletes" by Missy Grant

"Bike Equipment and Maintenance"

"Beginner swimmer – gear: what you need and how to use it"

"Advanced Swimmer- taking control of your stroke, swimming in open water"

"Periodization and how to plan your running training"

SOCIALS

We intend to have family- oriented social events as well as events in the evening. A social can be anything from a picnic in the park, a meeting for frozen yogurt, a gathering for adult beverages, or a party at someone's house.

COST

For a one-time fee of just \$50 (!), you can join in on this extraordinary amount of YMCA fun! The possibilities are endless: you can make friends, meet training partners, achieve exercise goals, start a new sport, try a new race or just be part of a really great community!

REGISTRATION

Register and pay at the Finley YMCA Welcome Center. Then I will send you an email invite to join our club. You can look at some of the club calendar right now at www.MyTrainLocal.com. Click on communities and find the Finley YMCA Multisport calendar.

Feel free to contact me, club coordinator, with questions: rosekauffmann@yahoo.com or
Finley YMCA wellness director, Jess Joiner: jess.joiner@ymcatriangle.org

We have highlighted some events club members may want to participate in this year:

Trails for Ticos 2/25/2012 Rougemount, NC
Family event. 10K trail run, 2 mile fun run, 25 mile scenic country road bike ride
www.trailsforticos.com

Run for the Oaks 5K 3/10/12, Raleigh
www.secondempireseries.com

Cary Road Race 10K, 4/14/12, Cary
www.townofcary.com

White Lake Sprint and Half Ironman Triathlon 5/13 and 5/14/2012
www.setupevents.com

5280 Mile Swim, 5/12/12 Beaverdam, Wake Forest
www.fsseries.com

Ramblin Rose Sprint Triathlon 5/20/12 At the Finley YMCA!
<http://www.endurancemag.com>

Tour de Cure ride for Diabetes 6/2/ and 6/3/12 Cary, NC
<http://tour.diabetes.org>

North Carolina Open Water Championships 6/4/12, Seven Lakes, NC
Multiple Open Water Distances 800M-5K
www.fsseries.com

Buckhorn Triathlon 7/28 Wilson, NC
www.fsseries.com

Open Water One Mile Master's Nationals 8/25
www.usms.org

Beach2Battleship Half Ironman and Ironman Distance Triathlon, 10/20/12, Wilmington NC
www.setupevents.com