

MORE ABOUT TRIATHLON AND DUATHLON

TRIATHLON - races in Scotland vary from novice events of 400m (pool) swim, 8km cycle and 3 km run to the classic Ironman event of 2.4 km swim, 112 mile cycle and a marathon to finish! By far the most popular event in Scotland is the Sprint Distance (750m swim/20km cycle/5km run) with almost 20 races of this distance in the 2001 calendar. This distance is ideal for newcomers to the sport and those with limited training time.

DUATHLON - the duathlon consists of a continuous run, bike, run over varying distances, the most popular being a 5km run, 30km cycle, 5km run. Although duathlon was an offshoot of triathlon it is now recognised as a sport in its own right.

OTHER COMBINATIONS - throughout the year there are a number of different endurance events in **triathlonscotland's** calendar. For example, in winter a number of triathlons are run in reverse (run, cycle, swim) to keep you warm. In summer some events replace the swim with a canoe section or the cycle with a mountain bike course.

TRIATHLON MYTHS

You have to be super-fit - Wrong

The popularity of the shorter distance means that almost anyone who is reasonably active can take part.

You have to cycle in a swimsuit - Wrong

You can stop and put on whatever you are most comfortable in, for the cycle section, in Scotland only the top athletes "bare" the elements!

You must have a flash bike with funny wheels - Wrong

If you are starting out then any bike will do provided it has two wheels that go round and is safe. If you get serious and are competing at the top level then you will have to upgrade your bike.

Triathlon is a great sport to be involved in - Right!!

We think so, why don't you come along and join us to find out if it's true?

triathlonscotland

Membership Application Form For

2003

Welcome to triathlon, duathlon and other multi-sport events. You may be a regular participant or you might never have raced before, whatever your background we hope to see more of you in the future.

Membership of the **triathlon**scotland offers the following:

- Public liability and personal insurance cover while both training and competing.
- Yearly Handbook with full race programme and list of club contacts.
- A Scottish Triathlon Ranking.
- Quarterly Newsletter.
- Access to coaching days.

Purchase of **triathlon**scotland's Race Licence gives you reduced entry fees – usually about £5.00 per race.

The **triathlon**scotland is the governing body of combined endurance sports in Scotland and a strong association is in the interests of everyone who takes part in the sports of triathlon, duathlon and other forms of multi-sport event. The Scottish Triathlon Association is the trading name of the Scottish Triathlon Association Limited.

To join **triathlon**scotland please complete the attached membership form. Retain this part and complete when you receive your licence, if you then lose your licence it can be replaced immediately:

Name used on licence _____

Membership Number _____

Notes:

1. Care with the consistent use of 'informal' forenames : the name you quote on the application form will appear on your licence, and will be used throughout the season for results compilation etc.
2. If you are a member of a club affiliated to triathlonscotland please indicate its name. This is necessary for the club competition.

INDIVIDUAL MEMBERSHIP APPLICATION FORM FOR 2003 SEASON

First Name (note 1)

Surname:

Sex: MALE/FEMALE

Date of Birth (dd/mm/yy)

Address:

Home Phone Number
(with STD Code)

Triathlon Club
(note 2)

E-Mail:

Occupation:

triathlonscotland Membership (Y/N) Fee £

triathlonscotland Race Licence (Y/N) Fee £ _____

Total Fee Payable £ _____

In applying for membership of the **triathlon**scotland, I agree to:

- i) Abide by the rules and regulations of the Association
- ii) my personal details being held on computer

Signature:

Date:

triathlonscotland may be approached by race organisers with entry forms and information for events either within or outwith Scotland. If you would not like your name passed on to these organisers, please tick here:

<u>Fees</u>	<u>Membership</u>	<u>Race Licence</u>
Junior age 16 or under on any day in 2003	£8	-
Junior age 17-19 in 2003	£12	£5
All other Categories	£20	£10

Please send completed application forms together with:

- i) a cheque (not cash) made payable to 'Scottish Triathlon Association' (see above fee information); and
- ii) One passport size photograph with the name you will use on your Race Licence

to: Jacqueline Dunlop, Glenearn Cottage, Edinburgh Road, Port Seton, EH32 0HQ Telephone Number : 01875 811344 jacqui.dunlop@btinternet.com