

How do I join Cork Tri Club?

Members of Cork Tri must first be members of Triathlon Ireland. We do this as our insurance cover is through Triathlon Ireland. Prospective members must Join Triathlon Ireland through their website <http://www.triathlonireland.com/membership.html>

During that process the option of selecting a club will be offered, select Cork Tri Club at this point.

Do I have to take full membership of Triathlon Ireland?

Triathlon Ireland can be joined as an associate member or as a full member. If you join as an associate member you will have insurance cover and can join Cork Tri but a One Day License (ODL) will have to be taken out for every TI sanctioned race you participate in during the year. With full membership this does not have to be done, ODLs cost in the region of €15 per race. If you plan on racing more than three races it makes sense to join as a full member.

How much does it cost?

For 2011 membership of Cork Tri was €50, full membership of TI is also about €50 and associate membership is €10, there are some additional credit card charges on top of these.

What training sessions does CTC run for members?

CTC has training that covers all three elements of triathlon. The competition season runs from about May to September, so the training breaks down to an in-season and off-season regime.

Off-Season

During the off-season swimming (for most members) is confined to the pool. The club runs three 10 week pool sessions starting in October to December then 2 sessions from January to March and March to May. These sessions are coached by Brian Clifford and held in Leisureworld in Bishopstown on Tuesday nights from 9.00 to 10.00pm and on Wednesday mornings from 7.00am to 8.00am. In addition to this, some members get together for sessions in the various pools around Cork, The Mardyke Arena, Silversprings etc.

There is a club cycle at 9.00am every Sunday morning from City Hall. It must be said that numbers attending this are very hit and miss. Attendance tends to be best from January to May and falls off a bit during the competition season. In March/April the club designates about 4 of the Sundays as spins specifically for beginners, these are usually a bit shorter and slower than normal. In the early season and after September there is generally a coffee stop in the middle of the spin (with cake!). Currently there is an arrangement with St Finbarr's to share their Friday evening running sessions on the UCC Farm on the Curraheen road. It is hoped to continue this.

In-Season

In the first week of May the club starts its weekly bike Time Trials (TT). These are held on the old Midleton Road by the retail park at Carrigtwohill. These start at 7.00pm every Tuesday evening, the course is just under 10miles long (15km). Many members go for a short (7km) run after the TT. A Summer League is held in conjunction and starts in about the 4th week of the TTs. TTs run until the end of August and finish with a social evening with some prize giving.

In the last week of May, swimming moves outdoors to Iniscarra from the Inislina Recreation Centre. This is on the North side of the lake (River Lee) about 6-7km west of Ballincollig. They are held on Thursday evenings and start at 6.30pm, length of the swim can vary from a few 100m up to about 3km depending on who is there. One of the early swims is designated as a beginner night.

It is hoped to continue the arrangement with St Finbarr's running club for next year.

What Coaching does CTC Offer?

Coaching usually starts with the weekend coaching session in Kenmare towards the end of February. This runs from Friday evening to Sunday and covers all three disciplines as well as core fitness. There are bike spins, running and pool sessions as well as talks from qualified coaches.

There are also long distance swim sessions organised for the 50m pool in UL in Limerick.

In the March/April time period the club organises several coaching/information evenings specifically targeted at those new to tri.

For 2012, the club is planning several new coaching activities from professional coaching bodies. All of these activities are subsidised by the club.

Does the Club have any social activities?

Yes, the social scene usually starts with a “Meet and Greet” night in some pub/hotel in the city. This gives new members a chance to find out about our activities and meet some of the more experienced members and some of the other “newbies”.

There is a summer BBQ in July, this is usually held on a weekend when there is a gap in the competition season.

In the summer, one away race is usually designated as a “club race”. We encourage members to enter this race and then get together for dinner/social evening afterwards. In 2011 the designated race was the “Little Bo Peep” Olympic race in Kenmare.

One of the races that the club organises is the “Lost Sheep” Middle Distance race in September, this is towards the end of the race season and the whole weekend is usually a great social event.

There is a Christmas dinner held on the last week in November(!) . This involves a weekend away somewhere towards West Cork (Clonakilty, Baltimore, Glengarriff). The format is usually a cycle on the Saturday morning/afternoon and a dinner in the evening.

Does the club organise any races?

The club organises two races every year, a sprint distance race in Kinsale called “King of the Hill” on the last weekend in July and the previously mentioned “Lost Sheep” event in Kenmare.

Are there any responsibilities involved in being a club member?

Cork Tri is a purely volunteer organised club, all club members are expected to take an active part in club activities. There is a club committee with the usual range of club officers, and as well as the main committee, there are two race committees one for Kinsale and one for Kenmare. The club does not work unless members step up and take an active part.

As said there are two club races, members are expected to only race one of these and help marshal in at least one of the races. If a member wants to race both races a competent substitute must be provided to take a members place as a marshal. There are more than 50 marshals needed for Kenmare (the longer race) and about 35 needed for Kinsale.

There are a number of smaller roles as well, timing for the weekly TTs, leading beginner cycles, ordering club gear, etc.

How do I become involved in club activities?

Come to the AGM usually in early November, see the website for details.

Does the club cater for all levels of triathlete?

The club has members ranging from absolute beginners right up to people competing on the professional circuit.

How do I find out about club activities?

All the club activities and events are advertised on the club website, <http://www.corktri.com/> registration for limited numbers events is also through the website with payment when required organised via Paypal.

Currently there is a weekly email to members notifying of upcoming events, club events, races coaching, TI notices etc it is possible that these emails may not be continued in 2012.

There is also a CTC Facebook page <http://www.facebook.com#!/pages/Cork-Triathlon-Club/125103274232445>. This is used with notices about events results from club members and interesting coaching tips/videos.