What is Triathlon?

- Fun
- Great way to get/stay in shape
- Meet you getfit minute goals
- An endurance event that usually includes swimming, biking and running....

<table>
<thead>
<tr>
<th></th>
<th>Sprint</th>
<th>Olympic</th>
<th>Long Course</th>
<th>Ultra</th>
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<tbody>
<tr>
<td>750m</td>
<td>1.5km</td>
<td>1.9km</td>
<td>3.8km</td>
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<tr>
<td>20km</td>
<td>40km</td>
<td>90km</td>
<td>180km</td>
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<tr>
<td>5km</td>
<td>10km</td>
<td>21.1km</td>
<td>42.2km</td>
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More multisport
State of the Club

• Founded in 2001 MIT’s Dr. Kim Blair
• NECTC: 6\textsuperscript{th} in 2009, 2\textsuperscript{nd} in 2008
• Currently: 23 members
  – 63\% grads, 20\% undergrad, 17\% other

MULTISPORT IS FOR EVERYONE!
Coaching and Training

Coach Bill Steele
Mondays
Regular: 7:30-9:00
Beginner: 9:00-9:30

USA TRIATHLON CERTIFIED COACH™

Coach Bill Steele
Mondays
Regular: 7:30-9:00
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Coaching and Training

- Fixed weekly workout schedule: member-led
What are we training for?

• **Spring:**
  - 3/14 - Ras na hEirann 5K run (Somerville, MA)
  - 3/20 - Multisport Expo @ MIT (Volunteering)
  - 4/17 - Collegiate Nationals (Lubbock, TX)
  - 5/9 - NE Season Opener (Hopkington, MA)

• **Summer:** MANY CHOICES! A partial list:
  - 6/5-6 Mooseman Olympic & Half (NH) & Rev3 Olympic & Half Iron (CT)
  - 6/12 - Hyannis Sprint 1 (Hyannis, MA)
  - 6/19 - Patriot Half Iron / Minuteman Sprint (East Freetown, MA)
  - 6/27 - Holliston Lions Triathlon (Holliston, MA)
  - 7/11 - Rhode Island 70.3
  - 7/18 - Falmouth Sprint (Falmouth, MA)
  - 7/18 - Massachusetts State Triathlon Sprint & Olympic (Winchendon, MA)
  - 7/24 - Whaling City Sprint Triathlon (New Bedford, MA)
  - 8/21-22 - Timberman Olympic & Half (NH)

• **NECTC Season** late August-October
National Championships!?

• Yes, you should go.
• Olympic distance, USAT
• Lubbock, TX
  – Expected personal contribution: $200-250
  – Grad students – GSC Nationals Grant
  – USAT annual membership
  – Club dues ($75)
  – Waiver
Uniforms

• New ones!
• Chiron Sports
• Fitting session
• Pricing:
  – $88/full set
  – Check to “MIT Triathlon”
• Contact Kristin
  – schleich@mit.edu
<table>
<thead>
<tr>
<th>Purely Financial</th>
<th>Donation</th>
<th>Discounts</th>
<th>Training</th>
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<td>MIT SAO</td>
<td>J. Jackson Gas Company</td>
<td>XTERRA</td>
<td>Breakwater Sports Training</td>
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<tr>
<td>MIT Club Sports</td>
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</table>
• Join our team and start racing!
• http://triathlon.mit.edu
• tri-exec@mit.edu
• To train with us:
  – Good attitude
  – Signed Club Sports waiver
• To race with us:
  – Above, plus $75 dues (check to “MIT Triathlon”)