

## Welcome to Glasgow Triathlon Club

Triathlon is one of the fastest growing mass participation sports in Britain &ndash; and anyone who has become a fan of the multi-discipline sport will know why. As well as offering one of the best all-round fitness routines, triathlon is sociable and great fun.

Glasgow Triathlon Club has more than 100 members and welcomes all levels of swimmers, cyclists and runners. We have members competing at world level and others enjoying their first novice events. Some just join us to stay fit.

The club offers regular formal and informal training sessions. The weekly sessions held in and around Glasgow are suitable for beginners through to experienced athletes. The first coached training session, whether swimming, running or circuits, is free. After that you can attend another two training sessions for the usual cost of between £2 to £3 per session, before you're encouraged to join the club for an annual membership of just £26.

Among club membership benefits are sports shop and physio discounts, high quality club kit, plus your chance to sign up to club training weeks and weekends. Being a member of GTC also means you're assured expert and effective coaching, which is based on an annual plan geared to getting you fit for the summer season of triathlon racing. And we'll bet that after a few months of training at GTC you'll be keen to try a race.

For beginners, there are numerous novice events across Scotland to take part in. Next up is the Sprint distance, which most reasonably fit athletes can complete comfortably. After this you might want to progress to the Standard distance triathlon, then the Half Ironman and even a full Ironman. GTC is also responsible for the organisation of many races, including the Bishopbriggs Sprint, Strathclyde Sprint and a kids Aquathlon series.

So why not come along to a GTC session to see what triathlon training can do for your fitness and social life? To find out more take a look around our website.

We look forward to meeting you. New for 2010, juniors (under 18) can join for free! Club powertaps are here!!