

CAC TRIATHLON CLUB FAQ'S

- **What is a triathlon?**
 - *A triathlon traditionally consists of a swim leg, a bike leg, and run leg performed in that order, with 2 transitions between the swim and bike, and bike and run; known as "T1" and "T2".*
- **How long is each leg of a triathlon?**
 - *There are many variations of distances in triathlon, from a Super Sprint (~250m Swim, ~10 mile bike, ~2 mile run), to the Olympic Distance (~1500m Swim, ~26 mile bike, ~10K run), all the way to a full IRONMAN distance – 140.6 miles (2.4 mile swim, 112 mile bike, 26.2 mile run). You should determine your ability and starting level when deciding which distance to participate in.*
- **I'm new to triathlon, is this club geared toward new or seasoned triathletes...or both?**
 - *We are a club that is designed for both new and seasoned triathletes. We want our practices, clinics, and social activities to be inclusive to all levels of triathlete.*
- **I don't have a decent bike, can I still participate in the practices?**
 - *Yes, of course! Most of our bike sessions will be on high-quality spin bikes where you can control the level of resistance and intensity you are comfortable with. However, to participate in a triathlon, you will need to have a working bike, but it is not required to be a high-performance road or Time Trial bike.*

- *You may want to review the USA Triathlon Rules and Regulations on bike requirements.*
- **How do I find a new bike?**
 - *There are several bike shops located throughout Chicago where you can find a good starter bike, up to a Time Trial bike or “Tri Bike”. Two shops we partner with here in Chicago are Turin Bikes Lincoln Square and the Trek Bike Shop in Wicker Park.*
- **Does the club travel?**
 - *We do travel to local/regional races where 5 or more athletes will participate in. Our coaching staff will set up our team tent and will bring water and some snacks to the race.*
 - *We may also have club volunteer opportunities where we may travel opportunities to, for example volunteering for the IRONMAN Wisconsin in September.*
- **Are only CAC members allowed to join?**
 - *We are open to both CAC members and non-members. If you are or know someone who is not currently a CAC member, please contact Brian McClelland at bmcclelland@chicagoathleticclubs.com for more information*
- **What other equipment do I need?**
 - *Necessary Training Equipment – swim suit, goggles, cap (if necessary). Bike/Run training – athletic shoes and normal workout clothes.*

- *Training Equipment Recommended: bike shoes with SPD cleats on spin bike, heart rate monitor, bike/tri shorts, good pair of running shoes, Garmin training watch*
- *Races (recommended) – tri shorts and tri top (or tri suit), wetsuit, goggles, bike shoes, helmet, sunglasses, working road bike, running shoes, race belt, cap or visor*
- **I can't really swim. Can I still be on the team?**
 - *Of course. There are coaches here that can help you with that discipline. However, there are races out there known as "Duathlons" where you just run and bike. We can work with you to find good races throughout the year and nearby if you'd like to participate.*
- **I'm pretty good at two of the sports, but I struggle in the third. Is that ok?**
 - *Of course (see answer above). We have coaches here to help you with all disciplines. Our goal is to meet you where you're at and help you make improvements, as well as get you to the race feeling confident in all 3 disciplines. Also, there are other races out there that are geared toward just 2 of the 3 traditional triathlon sports. Those can be options for you to train for as well.*
- **When are practices?**
 - *All practices will be held at Lincoln Square Athletic Club (unless otherwise notified by the coaches, or if an outdoor training is arranged). Monday's are bike sessions in the main gym cycle studio from 6:30am-7:30am. Wednesday's are swim sessions in the pool facility from 6am-7am. Friday's are also in the pool facility but in the*

small group training room where we will do strength/run/core training from 6:30am-7:30am.

- **How much of a time commitment is it?**

- *Depending on the distance you're working toward, your weekly training time commitment can be anywhere from 4 hours training per week (Super Sprint distance) up to 15-16 hours training per week (IRONMAN distance)*

- **What are the requirements to join the Club?**

- *You can go to our CAC website – training – triathlon to get more information and even register for the club.*
- *Month-to-month club membership is \$120/month for members, \$150/month for non-members*
- *We also offer an annual Social Membership for \$50 per year if you would like to join the club for the social component, information clinics, and possible group runs/rides on the weekends.*

- **Does the club hang out together outside of practice?**

- *Yes, we are a social club in addition to a training club. We will have organized informational clinics, social activities, and group volunteer opportunities planned throughout the year.*

- **How do I get help if I need it?**

- *We currently have 3 amazing triathlon coaches as part of our Club – Brian McClelland, John Winogrocki, and Stacy Hague. Our coaches are available for you to contact for more information or for help in any of the disciplines.*