

Richmond is becoming known as a hotbed of sport and multisport, and athletes can take their pick of great clubs with which to get involved. Happily, in 2008, you might not have to make a choice. The Richmond Triathlon Club (RTC), Team Nature's Path (TNP), and the Richmond Area Bicycling Association (RABA), supported by Richmond Pro Cycling (RPC), are coming together in a partnership to offer you great benefits!

Each of our organizations is individually passionate about promoting sport and providing support in the Richmond community. By working together, our joint mission is to:

- Expand the horizons of our individual sports (i.e. cycling, triathlon) by breaking down barriers to entry and providing support and opportunities for our community of members of all skill levels and abilities
- Provide channels to optimize sport-specific skills, including mass-start racing (cycling or triathlon), safety and road-handling, and multisport racing through clinics and group workouts
- Strengthen the foundation of multi-club relationships and enrich Richmond's sport community through race promotion and quality officiating

If you are of the mindset to try something new this year, or looking to expand your horizons, we want to help. Are you an experienced cyclist who wants to try a triathlon, but not sure how that whole swim thing works? Are you a triathlete who'd like to try a crit race, but don't know how to ride in a pack or even what race to target? Are you confused about how to combine training plans to include both cycling and multisport events? The RTC, TNP, RABA and RPC are going to be offering joint clinics and workshops this year, as well as being available to answer all your questions. There is no pre-requisite on skill sets to take part in these workshops or to join any of the partner clubs.

Ready to get started? Our first joint clinic is being offered on March 29 – Group Riding Skills for the Road, led by Team Nature's Path. Want to try an early-season triathlon and practice different forms of open water swim starts? Come to the RTC's Open Water Swim Clinic on April 13.

Each of our partner clubs have great individual member benefits as well as the joint benefits that we'll be offering throughout the year. To learn more about each of these organizations and what they can do for you, read on. In the meantime, be on the lookout and don't be afraid to ask questions. We're here for you!

**** RABA ****

Why join RABA? **Rides** - Regularly scheduled on and off-road rides held on weekdays and weekends. Rides range from 20 to 100+ miles in and around the Richmond area. Overnight trips and tours are scheduled several times a year.

Advocacy - RABA represents your interests before the General Assembly, local governing bodies and planning authorities. RABA makes sure that the voice of cyclists is heard. RABA also works closely with other organizations to promote bike paths, rails-to-trails and bike safety programs in Central Virginia.

Club Ride Insurance: Accident Medical Coverage: \$10,000 per person per accident in excess of a \$500 per claim deductible and excess of any other valid and collectible insurance. Accidental Death & Dismemberment: \$5,000 per person per accident.

Public Service - Participate in governmental and charity programs; such as, Adopt-A-Highway; Bikes for Kids Christmas Program, (this year donating over 340 bicycles to needy youth in ten localities in Central Virginia). Bike clinics for disadvantaged youth.

RABA also hosts the annual Heart of Virginia Century and Bike Festival benefiting Hanover Mental Health and Habitat for Humanity.

Cycling clinics - learn how to ride your bike more effectively and efficiently as well as performing basic maintenance and repairs.

Newsletter - The Pedaler - A monthly newsletter containing the ride calendar, club activities, and articles of interest to the club. **Discounts** - Receive a 10% discount on purchases from many Richmond-area bicycle shops. **Monthly Meetings** - Held on the second Wednesday of each month to discuss events and hear featured speakers on topics such as, nutrition, training, travel experiences, repairs, health, and fitness. Social time is included in every meeting. Annual dues are \$20 per person (18 years or older) or \$25 per family consisting of one or two adults and all dependents under 18. The membership year is January through December. Please see membership application form (www.raba.org/memapp.pdf) for details.

**** RTC ****

Founded in 2000 and now the seventh largest registered tri club in the nation, the RTC's mission is based on three core fundamentals: Camaraderie, Exposure and Excellence. Our goal is to convert the intimidated and challenge the bold by increasing awareness and the growth of multisport through group training, clinics, expert resources, races and newcomer orientations. We provide an outlet for athletes to share experiences through social events, presence at races, celebrating each others' accomplishments and participating in the community.

\$25 (\$40 family) per year includes:

- Regular skills clinics hosted by regionally and nationally recognized experts
- Free access to sports medicine and chiropractic screenings
- Twice-monthly publication of the TriNews, to keep you informed of multisport happenings at the local level
- Monthly coached group swim workouts
- Access (uncoached) to swim lanes at ACAC Fitness and Wellness Center, one day of every week
- Access to the RTC's year-round wetsuit rental program
- Enjoyment of regular socials and race day tailgates
- Access to the RTC's group workout schedule, ranging from track workouts to cycling time trials to open water swims
- Discounts of 10-20% (or more) on products and services of club sponsors