

## Eton Dorney triathlon - 28 September 2014 registration informaton

Firstly thank you for taking part in the Votwo Triathlon at Eton Dorney on 28th September on behalf of Climb Any Mountain.

Your participation in the Triathlon, at any level, whether you are taking part in the Super Sprint, Sprint or Standard length race will make a huge impact.

All funds raised will go directly to build a Transitional Living Centre (TLC) in South Africa. The TLC is the first step of an incredible project that enables those with learning disability and mental illness to move out of institutional care into a place that nurtures their individuality and provides a safe supported living space that aids the development of social and life skills.

Once the first TLC is built in early 2015, Climb Any Mountain will continue to build future TLC's across 12 other provinces in South Africa.

We really need your help to get the first TLC up and running to begin this important and impactful change in South Africa. To find out more about this project and more about Climb Any Mountain, please visit [www.climbanymountain.org](http://www.climbanymountain.org).

Once again, thank you so much for your support! If you have any questions or concerns, feel free to contact us by email at [rae@climbanymountain.org](mailto:rae@climbanymountain.org).



### Taking part

If this is your first Triathlon, well done for having the courage to give it a go! At Climb Any Mountain, we support those that take on challenges and try to overcome their fears – climbing your own mountain is just as important in this journey. We have included a full proof Tri guide to help you every step of the way in your training. It's also great if you train or team up with a friend to encourage and share your experiences with. Dorney Lake is renowned for its traffic free, smooth tarmac course. Perfect setting for first time racers!

Are you a strong Runner? Cyclist? Swimmer? Confident about one discipline but worried about others? By racing as team/relay (3 individuals) you can 'pass the baton' i.e. the

### 10% registration discount

We are delighted that Votwo Events – Triathlon Series, have offered a 10% discount for anyone running and fundraising for Climb Any Mountain! Don't forget to include the discount code when you register for the Triathlon! Registration steps are included in this pack.

### Fundraising target

We kindly ask that you set your fundraising target between £350-£500. There are tips on how to achieve these targets included in this guide. With two months until race day this is an achievable target and enables overachievement! We are offering the individual who raises the most above their target by race day, an amazing iON action camera (the biggest competitors to GoPro in the action camera field!).

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## Part one

- 1.) Please set up a fundraising page by going to [www.justgiving.com](http://www.justgiving.com)
- 2.) Select Climb Any Mountain as your charity and set your target between £350 or £500+. If you are racing as a team or relay we ask that you multiply your target by the number of team members.
- 3.) Feel free to take snippets from our Climb Any Mountain website to inform your friends, family and colleagues about the purpose of the cause! Personalising your justgiving page substantially improves your fundraising ability!
- 4.) Finally, send your Justgiving page link to [rae@climbanymountain.org](mailto:rae@climbanymountain.org) along with your postal address so that we can post you your complimentary Climb Any Mountain race top! We are also holding training days where you can come along and train together with other Climb Any Mountain racers and will email you these details.



## Part two

- 1.) Once you have set up your justgiving page you need to register with Votwo here: <http://www.resultsbase.net/ViewEvent.aspx?id=2379&theme=votwo>.
- 2.) Once registered you can sign up for the Votwo Eton Dorney Tri on 28th September by filling out your details and selecting your race type: Super Sprint, Sprint or Standard length.
- 3.) To receive your Climb Any Mountain discount you must ensure you fill out the **PROMO CODE** box with: **CAM10**.
- 4.) Once you have submitted your entry that's it! You just need to focus on your training and fundraising! The Event Download pack will be sent to you two weeks prior to the race. Alternatively you can download it here: <http://www.votwo.co.uk/files/events/documents/Download%20info%20pack%20Eton%20Dorney%20Triathlons%202014v2%201.pdf>.
- 5.) Swim hat, bib number and timing chip to be collected at the event. Please note that no details are sent via the postal system pre event.



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### Fundraising tips

- 1.) Personalise your fundraising page! Pictures, videos, a paragraph about what and why goes a lot further than a generic page.
- 2.) Tell the story – how is fundraising going to help the charity or cause you are supporting
- 3.) Do not 'blanket email' – instead start with selective target groups 'Family' then 'Close friends' followed by 'Co-workers' and acquaintances, finally the rest of your network. Do personalise your messages to your different network groups.
- 4.) Don't expect Facebook to do all the work for you. Everyone has different settings and notification feeds. Send regular updates, at least once or twice a week about your training and fundraising progress with your Justgiving link. This tells those who have already sponsored you how you are doing and is a reminder to others who have not yet donated.
- 5.) Create a pre-event fundraiser, i.e. an office bake sale, shave your head or grow a beard! These mini events are fun but more



### Training guide

Training for a Triathlon might seem daunting at first. However with a training plan it can make the task a lot simpler!

Check out the training plan by Triathlon Geek to keep you on track across the next 2 months! You can also find out more useful tips by going to [www.triathlongeek.com](http://www.triathlongeek.com).

If you are a member of a gym such as Virgin Active, Fitness First, LA Fitness or Pure, ask your gym co-ordinator about their Tri training classes! This is a great way to kick off your training and meet a group of individuals who are in the same boat as you! A great way to keep motivated across your training period!