

2015 Membership Packet

**Incentives for club members:**

**Practice / training regimen:**

* 2 - 3 practices per week – each pertaining to a different event
	+ Tuesday evening group run and interval workouts
	+ Thursday evening bike ride (indoor cycling classes will be available when the weather is less than fit to ride outdoors)
	+ Thursday evening track workouts
	+ Saturday and or Sunday morning open water swims and or brick workouts
* All workouts and a group training schedule will be emailed to club members prior to the first workout each week.
* Free entry into small multisport events developed by club members.

**Elite Race Management events discount:**

* Discount codes and entries will be offered for races that are developed and produced by ERM
	+ The Baltimore Triathlon
	+ The Honeygo 5k
	+ The Santa’s Sleigh 5k
	+ Other ERM developed events
* **Cost** plus shipping on a Harford Multisport 1 or 2 piece Tri Suit (approx $90.00)
	+ **Optional Customization -** Member’s name can be silk screened onto uniform at cost

**Bike Shop of Bel Air:**

* 15% off service
* 15% off all apparel / accessories / parts **in stock**
* 15% off all special ordered parts / apparel / accessories (free shipping with
* Bicycle purchases will be discounted on a case by case basis.

**Bike Doctor:**

* 15% off service
* 15% off all apparel / accessories / parts **in stock**
* 15% off all special ordered parts / apparel / accessories (free shipping with

Bicycle purchases will be discounted on a case by case basis

**Club Sponsor discounts:**

* Various discounted products and services from all sponsors of the club:
	+ XTerra – Wetsuits and apparel
	+ Rudy Project – helmets and eyewear
* The board is always developing club sponsors
* Discounts will vary from company to company

**Harford Multisport Apparel:**

* For a $10.00 additional charge members may upgrade to a tech t-shirt with the same design
	+ Shirts will be ordered in the spring and made available before the beginning of the tri season
* Cost plus shipping on a Harford Multisport 1 or 2 piece Tri Suit (approx $90.00)
	+ Optional Customization - Member’s name can be silk screened onto uniform at cost
* Cycling jerseys (long and short sleeve), bib shorts, gloves, and other items available