

# Guide Triathlon Training

Hello everyone

Thank you for at some stage saying you could be interested in being a guide.

We have managed to arrange a couple of training days for people who have expressed an interest in being a guide for visually impaired triathletes. As most of you know Vision of Adventure is a local charity based in Kendal who's founders, Jill and Dave Corso, have supported visually impaired athletes to compete for the last four years. Following the success of the triathlon training weekends, we have now have the challenge of having sufficient numbers of guides to support the athletes. Potential guides often say 'I'd love to do that but I'd be too scared without trying things out first'. We have booked a venue for the following dates:

Sunday 10 November OR Sunday 22 March, the content on both days will be similar.

Times - not yet confirmed but probably 8.30am - 5pm.

Cost - nothing, but bring your own lunch

Content - Swim, bike, run, and visual awareness. Possibly transition.

Venue: Kendal Leisure Centre, Kendal Cumbria, LA97HX

We have the swimming pool for an hour and we can look at the mechanics of being tethered while swimming. It's a bit different to Swim/run where you can have a very long tether, for VI competition it has to be 80cm unstretched or shorter.

Vision of Adventure has a fleet of tandems which we will take for a ride.

Practice with running with tethers.

Some visual awareness input so you have a better understanding that there is a wide range of eye conditions and needs and how to assist with some life skills such as getting someone a cup of tea safely. If you guide in triathlon the athlete needs guided around each end of the race as well as just to race - the meal the night before, finding a room in strange accommodation, finding their way round a swimming pool changing room and so on.

It is unclear how much racing Vision of Adventure will be able to commit to supporting next year, we are hoping for two or three races and perhaps a training weekend or two but it all depends on securing funding. Each event needs sufficient financial support to pay for guides accommodation (guides sometimes make a donation, but it is not compulsory), minibus hire for transport and for towing trailers, fuel, tandem maintenance etc. We are hoping that we might support two or three races, so if you do sign up to come on a training day you decide on your level of commitment to guiding in the future.

If you are interested please reply to [kathfinn421@gmail.com](mailto:kathfinn421@gmail.com)