



# Q&A

## General Information

Q: What is All Tri?

All Tri is a non-profit organization that trains **you** to complete a triathlon or marathon while helping you raise money for the **cause of your choice**.

Q: What does All Tri do?

- you will be coached to **complete an endurance event** *and* **achieve a fundraising goal**,
- your proceeds benefit **the cause of your choice**, and
- **75% of the funds you raise will go directly to your beneficiary's mission.**

Q: How does the fundraising work?

All Tri will provide you with an online tool for accepting, recording, and monitoring your fundraising efforts. All Tri also provides you with training on the fundamentals of fundraising along with ideas to achieve your fundraising goals. All Tri will aggregate your funds for you to distribute to your charity at a beneficiary breakfast after you complete your athletic event.

Q: What charities can I select?

All Tri will recognize **any charity that is classified as 501(c)(3) by the IRS as a non-profit organization**. If you have any questions, you can contact your charity and they can confirm their status for you.

Q: What if I have no prior or limited athletic experience?

**Our coaches have experience in training new triathletes as well as developing existing triathletes reach new heights of performance.** There are many different events designed for triathletes of differing skill levels. The All Tri events have been selected to be “user-friendly” for all levels of athletes and you will encounter many people with all different skills sets.

Q: Who are the Tribal Elders?

**Tribal Elders** are athletes that have previously completed an event with All Tri, raising money for the charities of their choice. They are here to help, offer advice and encouragement, and generally assist with preparing the current participants. You can also join this group by completing your fundraising and selected event, so you can help others reach their goals.

## Triathlons:

Q: What is a triathlon?

A triathlon is an athletic contest in which participants compete in three events in succession. Usually these events are swimming, bicycling and running.

Q: Which triathlons are offered by All Tri?

- The **Capital of Texas Triathlon** (CapTexTri) in Austin on May 31, 2010 for both Olympic and Sprint distances
- The **San Francisco Triathlon** in San Francisco on July 9-11 for Olympic both Olympic and Sprint distances

Q: What are the distances for each event?

- **Olympic** distances are 1.5km (.93mi) swim, 40km (24.8mi) bike, and 10km (6.2mi) run.
- **Sprint** distances for the CapTexTri are 750m (.47mi) swim, 20km (12.4mi) bike, and 5km (3.1mi) run
- **Sprint** distances for the San Francisco Triathlon are 500m (.31mi) swim, 20km (12.4mi) bike, and 5km (3.1mi) run

Q: Are there other distances for triathlons?

Yes! Triathlon distances are set by the race organizers. Many shorter "sprint" triathlons are offered all over the country. People participate for fun or in preparation for other events. Longer triathlons are also offered, such as the Half-Ironman (1.2mi swim, 56mi bike, 13.1mi run) or full Ironman races (2.4mi swim, 112mi bike, 26.2mi run).

Q: I have never done a triathlon before. **Can I really do this?**

**Absolutely.** Our coaching staff has experience with first-timers as well as more experienced triathletes in completing triathlons. You will work with our coaches to select an event and distance as well as set the goals. The coaches will design the training plan to prepare you for each event. Several of our Tribal Elders can attest that you can finish a triathlon with no other experience than the training from an All Tri coach.

Q: What if I have a physical limitation?

Please speak to our head coach about the limitation. Odds are strong that there is an event that is appropriate to your abilities. The strongest factor for success is the desire to cross the finish line, not the physical capabilities of the participant.

Q: What are the rules for triathlon?

**Triathlon rules vary by race and governing bodies.** For individual triathlons, check the race packet for rules for the race. For USAT races, the rules can be found at <http://www.usatriathlon.org>. Even if your race is an ITU or USAT event, you should still check the race packets for changes/exceptions to the rules.

## Equipment:

Q: What equipment do I need for a triathlon?

At the absolute minimum, you would need a **swimsuit** and **goggles**, a **bike**, a **bike helmet**, **running shoes**, and a **great attitude**. In practice, there can be as much equipment as you are comfortable purchasing.

Q: What does All Tri provide as part of the training?

All Tri will provide for the **coaching fees**, **group swim workout facilities**, **online training tools**, **specialized clinics** in each of the three triathlon sports, a **fundraising clinic**, **event race fees**, a **pre-race carbo-loading dinner**, a **wetsuit**, an **All Tri jersey top**, **travel expenses**, any required **bike shipping**, a **fundraising Web site**, and **lots of encouragement**.

Q: What do I need to provide?

**All Tri participants are responsible for whatever personal equipment is required for their training** program including but not limited to running shoes, bicycle, swim goggles and bike helmet as well as any individual training activity requirements (such as access to a pool for individual swim practice). Entry fees for any other optional training events are also the responsibility of the participant.

Q: Do I need a wetsuit?

No. **All Tri will provide you with a wetsuit.**

Q: Do I need a new bike?

**All you need is a bike, it does not have to be new.** Almost anything with 2 wheels can get you started at no cost. We can also point you in the direction of affordable bike options.

Q: Will a new bike make me faster?

Maybe, but not necessarily. Speed on a bike is about you, the engine. It is more important that you be comfortable on the bike than anything else.

## Fundraising:

Q: How much money do I need to raise and by when?

Each event has a fundraising minimum, along with dates for the **Recommitment Deadline**, **Minimum Guarantee Deadline**, and **Total Fundraising Deadline** for closeout of your fundraising activities. The timeline and amounts are as follows:

	<b>Capital of Texas Triathlon</b> <i>(Sprint or Olympic Distance)</i> May 31	<b>San Francisco Triathlon</b> <i>(Sprint or Olympic Distance)</i> July 10 and 11
Fundraising Minimum	\$2,900	\$5,450
Fundraising Start Date	February 6	February 6
Recommitment Deadline <i>(guarantee 25% of total)</i>	April 1	May 1
Minimum Guarantee Deadline	May 14	June 25
Total Fundraising Deadline	June 11	July 23

On your **Recommitment Deadline**, All Tri will ask you to recommit to your fundraising goal by completing paperwork we need to enter you in your event. On that date, if you have not raised 25% of your minimum, you will be required to secure your event slot by credit card for any shortfall to meet the 25% amount.

Your **Minimum Guarantee Deadline** will be two weeks prior to your triathlon event. If you have not reached your full fundraising goal by that deadline, your credit card will be charged the remaining fundraising minimum for your event to permit your continued participation.

You can continue to raise funds through your **Total Fundraising Deadline**, which is two weeks following your event. You will be reimbursed any credit card charges from the Minimum Guarantee Deadline for amounts raised prior to the Total Fundraising Deadline.

**Corporate matching gifts** can be credited toward your fundraising when All Tri has completed and submitted its portion of matching gift documentation.

If you leave the program before reaching your minimum fundraising goal, costs incurred to date will be deducted from the funds you've raised and the balance (if any) will be passed on to your charity.

Q. How can I accept **contributions**?

You will be able to personalize a Web page we provide for you where you can send your friends, tell your story, and accept **donations by credit card**. All **checks** you receive must be made out to or endorsed over to All Tri for them to count toward your fundraising minimum. Please be sure to put your name in the memo field of all checks and mail to: **All Tri, P.O. Box 222195, Dallas, TX 75222-2195**. Please do not send cash by mail. We would prefer you deposit the cash you have received during a fundraising event and write a check for the amount, write your name in the memo field, and mail to All Tri's P.O. Box.