



clubnews
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TRAINING | RACING | COMMUNITY | RUNNING | TRIATHLON

Keep up to date...
intraining Running and Triathlon Club Newsletter



Featured in this week's enews
Summer Club Challenge Points Update
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CLUB REPORT, 17th November, 2023

Club Membership Update

As the exciting Summer Club Challenge kicked off last Saturday, we want to ensure that your club membership is up to date for seamless participation.

To avoid any disruptions and make the most of this summer's activities and training session, kindly take a moment to verify your membership status. If you have already renewed, we appreciate your prompt attention.

To check or update your membership, please visit the membership site, [click here](#) or contact our membership [coordinator here!](#)

Thank you for being so cooperative, and we look forward to your continued involvement in the Summer Club Challenge and future activities.

Read more details below on how you can get your free intraining singlet or tee if you're just new to the club or if you want to get an extra one.



How to get your club singlet

We're excited to announce that as a club member, you are entitled to receive an intraining branded running top (or tee) when joining or renewing your membership. Whether you're a new member, your current running top needs a refresh, or you simply want an extra one for daily wear, we've got you covered.

[Read on the step-by-step guide on how to get your club singlet here.](#)

intraining Summer Club challenge

Great work to everyone. We've seen your posts, your PB's or new course runs and have cheered when we've seen a new runner been added to your group. The first week's Points for the last week's Challenge will be out on **Saturday**. You will be able to find them [HERE](#).

You will find [this link](#) in your intraining training wallet Menu bar. Keep up the great work. This is just the start!!

A few tips and reminders for the pointscore

- **Kids points from Saturday parkruns**
 - Add them as the Saturday date parkrun, and let your coach know so we know it's not a double up.
- **New runner points:** If you bring or send a new runner to training, you score 10 points + your 1point attendance
- **Parkrun points:**
 - you score only ONCE... the highest score value for that day
 - Course PB points: You must have run on that course previously to score new course points.
- Multiple family members on your wallet: If you have multiple family members on your wallet, email us at run@intraining.com.au so that we know you are scoring for two people

TRAINING WALLET TIPS

Update your wallet for Club membership

When you renew your club membership, your wallet may not reflect this immediately. You can do this manually by:

- Log in to your training wallet



- On the window that says "Non Club Member", click on the text above: "Already a club member?"
 - Follow the prompts to update your membership
 - Click SAVE

Using your wallet for Kids and family members

If you use your wallet for other members in your family, they MUST be club members. Your wallet membership status is set your membership only.

Help with your wallet.

Your training wallet has a HOW TO USE YOUR TRAINING WALLET link in the menu bar. There are a several short videos to assist you. These include:

- Setting up your training wallet
- Navigating your wallet
- Correcting check-in mistakes
- Troubleshooting your log-ins
- Updating your membership
- First time waiver

Have a look so you can also show a new runner at training if they need any help.

WHAT'S ON THIS WEEKEND

intraining's Summer Club Challenge week 2

Time to plan with your run buddies where you'll be running this weekend.

- Go to your [Training Wallet](#)
- Click on Club Challenge Info (Menu section)
- See how you can score maximum training points for your group.
- Make sure your club membership is up to date!!

Enjoy and have fun! 😊





TRAQ Summer Series - Run #2 – Enoggera

Saturday, 18th November, 4:30am at The Gap Park and Ride

Run #2 of the Series will see us do the popular Enoggera Reservoir loop, the same loop as TRAQ's yearly Walkabout Creek trail race held next year in March.

This week we will see the red and white shirts of The Intraining Trail Tribe lead and sweep our run. No matter where you run in SEQ you are likely to see an Intraining shirt. Led by Tracy and Bob Baker they do regular weekend runs and coaching sessions. [Check more details here!](#)



SEQ Trail Series Season 11 – Round 4 at Bayview

Sunday 19th November, starts at 5:20am

Shout Out to all our intraining Trail Tribe Runners!

Cheers to the miles, the smiles, and the camaraderie that makes our intraining Trail Tribe truly exceptional! 🌟 Let the trails echo with your footsteps and the joy of the run.



intraining Podiatry and Physiotherapy at iHealth Centre, Indooroopilly!

Our commitment to providing top-notch podiatry and physiotherapy services remains unwavering, and our new location allows us to serve you even better

 Need Help with Recovery or Injury?

Whether you're seeking a recovery training program, dealing with an injury, or experiencing post-race discomfort, our expert team is here for you.

 Book Your Appointment Today!

Ready to take the next step toward a healthier you? [Book your appointment now](#) by clicking here or call us at **07 3870 2525**.

Did you miss reading our previous club newsletter? You can easily find it [HERE](#).

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