

Member Benefits | 2015-2016

Your yearly membership yields thousands of dollars in savings plus the intangible – yet invaluable – reward of sharing your passion with teammates. Below is a current list of benefits. **IF YOU JOIN THE CLUB, YOU'LL RECEIVE DISCOUNT CODES AND INFO NEEDED TO TAKE ADVANTAGE OF THESE BENEFITS.** If you have questions about membership or your membership status, please contact [Kelly Roth](mailto:kelly@endurancemultisport.com) at kelly@endurancemultisport.com.

NOTE: This list grows throughout the season as more discounts – most notably for races – are offered to us. Read your newsletters, watch our [Facebook page](#), and check back on our [website](#) to learn of new additions.

COACHING

- [Endurance Multisport](#) – **10% off** ALL expert, professional coaching services for triathlon, duathlon, or single sport! Email info@endurancemultisport.com to request information and rates.

PERFORMANCE CENTER | CLASSES

- Reduced pricing on EVERYTHING at the [Performance Center](#), including CompuTrainer group and solo rides; TRX, corework, stretch/recovery, and strength classes; memberships and class packages; massage services; etc.

PT – REHAB – PREVENTATIVE CARE

- [Robbins Rehabilitation](#) – **FREE** Triathlon Functional Movement Screening to reduce likelihood of injury. Therapists will provide members with appropriate recommendations for home corrective exercises, or can recommend course of PT if necessary.

ONLINE MULTISPORT RETAILER

- [TriSports.com](#) – **15% off** products. Super-discounted “Club Buys” occasionally also available.

TRAINING SERIES

- [Open Water Swim Clinic & Training Race Series at Dutch Springs](#): Greatly discounted rates for members. Extremely helpful swim series presented by several expert swim and tri coaches. Kayak and in-water support provided for safety. Perfect way to prep for a triathlon swim leg for swimmers of ALL experience levels!
- [Grin & Bear It Triathlon Training Race Series](#): **FREE** entry to summer sprint triathlons / duathlons at Bear Creek Mountain Resort in Macungie, PA
- [DeSales Double Dog Dare Duathlon Training Race Series](#): **FREE** entry to spring sprint duathlons in Center Valley, PA

RACES

- Discount to several events through our partnerships with race organizers. Stay tuned throughout the year for special codes for registration for the following events (and more):
 - [Steelman Triathlon](#) \$15 off any individual entry to our race!
 - [Steelman Open Water Swim](#) Watch for announcement for 2016

- [CGI Racing](#) \$5 off every CGI race
- [Rev3 Triathlon](#) Stay tuned for discount + info on our Club involvement at REV3 Pocono
- [Trimax Endurance Sports](#) Stay tuned for 2016 discount
- [French Creek Triathlon](#) Stay tuned for 2016 discount
- [Hazy Racing](#) Stay tuned for 2016 discount on multiple events
- More TBA as we go along!

RUNNER'S WORLD SHOE TESTING

- Opportunity to be a shoe tester 2x per year for [Runner's World Magazine](#). **FREE** pair of new running shoes for you to keep, matched to your foot type by an expert fitter, in return for sharing your opinion in a survey for the magazine's shoe reviews to help fellow runners.

APPAREL

- **FREE** technical wicking tee perfect for training, racing, and casual wear:



- Custom-designed Club uniforms, cycling kits, jackets, vests, arm warmers, sweatpants, sweatshirts, beanies, and more, all available at low cost.

SWIM SHOP

- [D & J Sports, Inc.](#) – Receive 12+ quantity pricing on all items (i.e., pay the same price per item for 1 unit as you would for 12 or more of the same item). Discount available at the Coopersburg location: 7001 N. Route 309, Fairmont Village Shopping Center, Coopersburg, PA.

RUNNING STORES

- [Emmaus Run Inn](#) – **10% off** products
- [Aardvark Sports Shop](#) – **10% off** products

BIKE SHOPS

- [South Mountain Cycles](#) – **15% off** all merchandise
- [Cycle Fitters](#) – **15% off** all merchandise; **20% off** all fittings, including custom cycling insoles
- [Indian Valley Bikeworks](#) – **10% off** parts and **5% off** bikes, “Preferential service treatment” which means all Club members go straight to the front of the service line when needed (members will need to give BikeWorks 24hrs to complete repairs).

WETSUITS

- [blueseventy](#) – **30% off** all orders. Valid until 12/31/15.

HELMETS – SUNGLASSES – MISC. EQUIPMENT

- [Rudy Project](#) – Pro-Deal pricing (**40+% off**) on all helmets and eyewear

NUTRITION

- [First Endurance](#) – Pro-Deal pricing (**40% off**)
- [Generation UCAN](#) – Receive **10% off** orders. Discover why Gen UCAN described themselves as “The next generation of healthy energy powered by SuperStarch - a revolutionary carbohydrate that’s improving the performance of elite athletes, providing everyday athletes with healthy nutrition for workouts. We’re changing the face of sports nutrition and creating a generation of champions who care about winning the healthy way.”
- [Honey Stinger](#) – **30% off** all orders. Valid until 12/31/15.
- [Bonk Breaker](#) – **25% off** all orders. Valid until 12/31/15.
- [Skratch Labs](#) – **30% off** all orders. Valid until 12/31/15.

NUTRITION COACHING / WEIGHT MANAGEMENT SERVICES

- Contact [Nicole Schillinger](#) at nxs178@yahoo.com for information and pricing

BODY CARE

- [SBR Sports](#) – Makers of Tri-Swim, Tri-Slide, and Foggies. Free samples in member packets.

MASSAGE THERAPY

- [Janine Hall \(Verstraeten\)](#) – [EnMu's on-site massage therapist](#) – Discounted pricing of \$59 for 60 minutes (non-member \$65) and \$79 for 90 minutes (non-member \$85). Appointments available at the Performance Center or Janine's house.
- [Body In Balance](#) – Only \$50 for 60 minute massage (normally \$70). Massage therapist David Missimer will be on-site to provide massage therapy for our Club members, free of charge, at some races with large club attendance this year.

PARTNER FITNESS FACILITIES

- [Allentown YMCA](#) – No enrollment fee + **20% off** monthly membership. Plus, **FREE TEAM SWIM** on Sunday mornings!!! This is an excellent opportunity to meet and swim with other club members under direction of the Y's Aquatic Director, who is also a team member. Written workouts provided for various levels of swimming ability.
- [CrossFit 8541](#) – Located at 850-5 Broad St. in Emmaus, RIGHT BEHIND our Performance Center
- [Emmaus Yoga](#) – Located at 860 Broad St. Suite 105 in Emmaus, right next door to our Performance Center. Discounted class rates for members; inquire with them. Featuring "Pre-Hab for Runners Yoga" held by EnMu member Christina Roberts at 5:30AM on Wednesdays.

CLINICS AND CAMPS

- Access to multisport-specific clinics and presentations on skills, training, and wellness. Discounts to [team training camps](#).

GROUP WORKOUTS

- Group training opportunities throughout the region will be sent to you WEEKLY via our email newsletters.

TRAINING LOG

- [TrainingPeaks](#) – FREE online account allowing you to log your training along with your workout comments; track nutrition; upload data from GPS, HR and power training devices; record any or all body indices; log in to your account from any computer or smart phone.

SOCIAL

- **NEWORK OF ATHLETES**
 - Whether it's moral support at a race or just having someone to chat with about your latest accomplishment, you'll benefit from the camaraderie that develops among teammates. Making new friends with a strong group of your fellow athletes will help motivate you in training and keep you going through those rough spots in a race!
- **GET TOGETHERS**
 - Social events throughout the year, from tailgating at races to dinners at brew pubs, because multisport athletes like to play as hard as they work. [Follow us on Facebook](#) to stay on top of up-to-the-minute news, events, photos, and more.
- **CLUB COMMUNICATIONS**
 - Race reports, bikes and equipment for sale by fellow members, requests to share transport and housing for races, and lots of other Club information is broadcasted through social media channels and our newsletters to keep you in-the-know and up-to-date.

Sponsors

