

## FAQ

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### **How do I Join the Club?**

You can sign up now on-line by visiting our [Sign Up Page](#) and registering via Sign Me Up.com

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### **How much does membership cost?**

Annual membership dues are as follows: Individual is \$20 and Family is \$30

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### **I just joined. How do I get started?**

Just show up at one of our workouts, monthly meetings, or club races. Check our web site [www.lonestarmultisport.org](http://www.lonestarmultisport.org) on a regular basis for various activities and dates. You also have the options of following us on [Twitter](#) and Joining our [Facebook Fan](#) page to keep up to date with club events and activities.

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### **When does the club meet?**

LSMS holds monthly meetings normally at the YMCA in The Woodlands. Everyone is welcome to attend

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### **If I am not able to attend some of the meetings or workouts. How can I stay informed on club activities?**

You can stay on top of club happenings by regularly checking the [Club Calendar](#) of featured events and weekly workouts. Also check out the [Race Calendar](#) for a complete list of upcoming races. You also have the options of following us on [Twitter](#) and Joining our [Facebook Fan](#) page to keep up to date with club events and activities.

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### **I am a beginner. Where do I start. What do I do?**

When you join, not only are you meeting great people, but also you will get lots of help in getting started in the sport. Whether you need help in swimming, biking, or running, we have something just for you. Show up at the workouts and other club events.

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### **What kind of bike should I get? What is the best wetsuit to get? Where do I go to buy?**

You can always buy used merchandise from a fellow athlete. This is the least expensive way to get started in the sport. Check out our classifieds ads for

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some great deals. When you are ready to upgrade, check out our [sponsors](#)

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**Do I have to attend every workout after I join?**

Only if you want to and are able to do so. Attendance at every workout is not mandatory. Attend the workouts that you can benefit from and fit into your schedule.

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**Does the Club have a Beginner Program?**

Yes, the Club has a number of programs specifically for beginners. These include swim clinics, bike rides and running programs all targeting members new to the sport. We have members that are coaches to assist in structured training and fellow club members to train with informally. There are a large number of experienced triathletes and multisport veterans in the club more than willing to assist you.

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**I have never participated in a Triathlon. May I still join?**

Absolutely! The club was established to support all levels of triathletes

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