



Introducing OpenTri.com

This summary was designed to help new members get the most out of the OpenTri service, while providing some additional background about its purpose and the motivations behind the efforts to build an active, positive online community for multi-sport athletes.

What is OpenTri?

OpenTri.com is a new social network community for the multi-sport world. Completely open to the public, the site also contains the **free SuperCoach Network training programs** that hundreds of triathletes from around the world have been using with great success to get ready for their ultra and international distance races.

On the new OpenTri site, members are able to display their individuality and experiences in their own “My Page” area, while joining and creating groups associated with things like their friends & extended family, a local tri club, or multiple other interest groups.

Some ways you can personalize your OpenTri page include the ability to post:

- Entries in your own blog for others to follow you along your multi-sport journey
- Photo albums and slide shows to showcase your races or other experiences
- Video footage to share publicly, or just with your friends or coach to view & comment
- Any text or widget that you want to add to your page

Where do I start?

1. Point your browser to <http://opentri.com>
2. Enter your email address & click on the “Sign Up” link (your email address is kept 100% private and is not used or distributed to anyone outside of OpenTri)
3. Set up the basics for your user profile – include a picture if you have one handy!
4. Check out the groups – including the ones with the free training plans – and then...
5. Invite your friends to join you!

What should I do first?

The best place to start is with your profile, telling the community who you are, where you're from, and what your triathlon-related goals are for the coming year. Pictures are great, and while using a funny nickname for yourself is perfectly fine, it helps establish connections in the community if you indicate at least your first name, with a picture.

How can I interact with others?

There are basically three ways that you can communicate with other OpenTri members through the site:

Privately: Send a private message to someone that no one else can see or know that you sent. The link for sending a private message is just below the person's profile icon in many different places on the site.

Publicly: Leaving a comment on a person's page (like "writing on their wall" in Facebook terminology, my kids tell me) is out there in the open, but is only accessible by viewing it on the receiver's page. A back-and-forth conversation via comments can get a little hard to follow, so you might instead consider sending a private message.

In a Group forum: You can "Start a Discussion" or add a "Reply" in any group forum where you are a member of that group. This is where multiple people can interact on any topic, generally relevant to the group subject. There is also a link to "Send a Message to the Group," but that's a bit like standing up in class and shouting something, regardless of whether anyone is interested in the topic! Use that one sparingly, for something that you're pretty sure the entire group would want to know.

How do I set up a group?

Setting up a group is really simple, but requires a little bit of thought up front. Most groups are public and open (most should be), but it's perfectly ok to start a private group as well (we've got a couple for interacting with 1:1 coaching clients, as an example). One thing to keep in mind: Once you've set up a group as either public or private, you can never change that designation – basically you have to delete the group and start over from scratch. Short answer: Keep the groups open and public, and feel free to be creative about the groups you want to add.

Policing the Site: Our "Golden Rule"

This site is pretty wide open, but with that said we are also interested in keeping the experience positive and helpful for everyone. I'm a big fan of Google, where their guiding corporate principle is "Do No Evil," so if you notice anyone being particularly nasty or unhelpful (particularly if they have an anonymous profile), just send an email (or forward the offending email, if there is one) to info@opentri.com. We'll figure out what's going on and aim to fix it quickly, one way or another.

Other Frequently Asked Questions (We can build these as we receive more over time)

How do I get rid of those "OpenTri" email notifications?

Click on "My Settings" (in the upper right of every page), then click on "Email" in the list of options along the left side of the page. You will see a list of "Email Notifications" – simply "un-check" any box where you do not want to get an email notification, but then be sure to click "Save" at the bottom to save those changes.

How to Contact Us

Nate & I both maintain our pages on the OpenTri site, but if you want to instead shoot us an email, feel free to do so at info@opentri.com – have fun with the site!

-Mike Llerandi