



### Things to remember and think about before the race.

Pack your bag well in advance. Systematically go through the race in your head and make sure you have everything. Don't forget a change of clothes for afterwards, some wipes and a fresh towel.

A snack to eat, and extra fluids. For the ladies, don't wear any jewellery you can't live without! It is a fun event and you should enjoy it. But to do that you need to do a little work to prepare properly. Fail to prepare; prepare to fail. It's worth the effort and peace of mind!!!

Arrive in plenty of time to register and find suitable parking. Keep before the race as relaxed as possible, save your energy for racing. Try not to eat within 2 hours of your race and don't eat too much. Take on enough fluids.

### Setting set up for TRANSITION

Before the race you will set up your transition place. Place your bike on the rack. Make sure you have a look around so you know where your bike is. The bike racks will be organised by **WAVE NUMBER**. Walk to the swim exit and then walk to your bike. Try and find something near that you can easily identify your bike by. After the swim, in the heat of competition, the brain can be a little funny and you can get a little disoriented, so that is why it is helpful to practice the route from the swim to the bike. Place everything in a systematic way for you to work through. Have a towel to stand on with socks/shoes on the towel. Put some powder in socks or shoes to make them go on easier. You could get quick tie shoelaces for ease of tying. Your hands will be wet after swim.

Clothing for cycle/run. Shorts – tee-shirt if no tri suit. Make sure you have a race belt or have numbers pinned to the front and back of your top. If using a race belt remember front for the run and back for the cycle.

## SWIMMING:

Pool side; all you need is your hat, goggles, swim suit/tri suit.

In the water, start slow enough to get your breathing and rhythm going. It usually takes a few lengths. If the person in front is too slow for you tip them on the toes and they should move over and let you off at the end of the pool. It is good triathlon etiquette and you must also follow the rules. Usually two lengths from the end the marshal will tell you that you have two lengths left. You must abide by their count. PACE YOURSELF IN THE POOL.

## TRANSITION 1:

You'll enter into the astroturf transition along a blue matting. You will cross a timing mat that registers your swim time and transition start time. Run to your Wave Bike Rack and find your bike. Change clothing if necessary and BEFORE you touch the bike, clip on your helmet. Make sure you have a race belt or your numbers pinned on the front and back of your top. If using a race belt; front for run and back for cycle. Check the weather you may want to wear a light wind-breaker. You may want to wear sunglasses / sunscreen.

HELMET REMEMBER YOU MUST PUT YOUR HELMET ON AND CLIP IT BEFORE YOU TOUCH YOUR BIKE. You cannot cycle your bike until you pass the mount line outside of transition. Take care when running with your bike, watch out for the pedals!! It is no harm to have practiced a little running with the bike as on the day you will have about 200m of this activity!

## CYCLE ROUTE

Make sure your bike is in a low gear so it will be easier on your legs when you start out on the cycle course. Have a drink for the cycle. You also need your pump and spare tube in case of puncture. You must fix it yourself as no help can be given. Keep your shoulders relaxed on the bike. Don't forget to TAKE A LOOK AROUND AND ENJOY THE CYCLE. You must obey the rules of the road when on the course. Drafting is not allowed. You must stay at least 10m x 3m away from the cyclist ahead unless you are passing them out. You must pass out in about 15 seconds. Make sure you use your gears on the hills. It will help save your legs for the run. Get down into a low gear when coming towards the end of the cycle. Slow down and be ready for the dismount line. Always follow the marshal's instructions, this is also good triathlon etiquette

## TRANSITION 2

When you return to transition rack your bike BEFORE you take your helmet off. If changing from cycling shoes to runners make sure they are laid out and the laces are already open for easy.

Transition 2 should be quick. Maybe a quick drink and off.

## RUN ROUTE

Last part, on the home stretch! It's hard to go from cycling to running. Give the legs a few minutes and the stride will come. It may be at least a Kilometre before your legs feel normal. There will be a Water station near the 2.5 Km mark on the route. Don't run out too fast, save it for the finish line, it will look better if you can run over the finish line with a smile on your face!! Make sure you take a look around and enjoy the run.

Lastly, ENJOY, ENJOY, ENJOY! You have all put in the hard work, even though you will still worry before hand - was it enough? Take it easy next week; go for a nice swim, nice cycle and nice run.No matter what anyone says you will worry, we all do, but don't let the nerves take over! TRIATHLON is a very addictive sport, don't be surprised if you feel the urge to do another! We are always looking for new members and happy to feed your addiction.

**BE ALL YOU CAN BE AND ENJOY IT**  
**Best of luck from everyone at Trilogy Triathlon Club**