

New2Tri

RACE DAY



Before The Race

Make a checklist of everything you'll need, right down to the smallest details. Photocopy the list for future reference (and you can add and subtract to it as necessary).

Swim

- Cap
- Goggles
- Wetsuit
- Baby oil
- Towel

Bike

- Bicycle!
- Cycle shoes
- Water bottles
- Helmet
- Glasses
- Bike computer
- Spare tubes
- Bike pump
- Bike toolkit and tyre levers

Run

- Running shoes
- Talcum powder
- Running cap

Miscellaneous

- Race belt
- Asthma pumps if necessary
- Rubber bands
- Hair bands
- Food (race gels/energy drinks/recovery drinks)
- Water
- Change of clothing (warm top/pants/towel)
- Suntan lotion

Race Day

- Find your bike rack position early and find a fixed reference point (not another person's bike). Things such as trees, light posts, etc that don't move.
- Familiarise yourself with the transition area, know where you'll run in from the swim; out for the bike; back in; and out for the run. Know this in relation to your bike rack position. Know the bike mounting and dismounting points.
- If you can choose your bike rack position, choose a position closest to the bike exit. The less you have to run with your bike, the better.
- Ensure tyres are pumped up.
- Ensure you are in an easy gear.
- Lay out your gear the way you are going to need it for each transition - bike stuff at the front. Have your bike goodies ready in a pile, starting from the bottom: race belt; then shoes (velcro straps open); then your helmet (upside down with the straps hanging out and untangled); and your glasses in the helmet (open).
- Make sure your food and drink are ready on your bike (you can tape gels to your top tube). Remember... your adrenaline is going to be pumping... you don't want to have to stop and think about any of this... it should be laid out and obvious.
- Decide whether you are leaving your shoes on or off your bike. If you haven't practiced getting into and out of them on the bike, leave them off. Also, know the start of the bike course – flat, downhill or uphill. This will make a difference.
- Have two pairs of running shoes, one for the race and one to continue warming up in.
- One way to count bike laps is to put strips of tape on your top bar and pull them off as you finish a lap – fold them over at the end so they're easy to grip and rip. (This is an option if you don't have/trust a bike computer)

Swim

- After oiling up, use plastic bags over your feet to hop into your wetsuit.
- Depending on the start, work out your aim of attack. If it's a beach start find out the shallowest parts, any sandbars or holes to avoid. If it's in a river, check how the current is flowing. Finally, position yourself in the best line of the first turning buoy. If you're not a strong swimmer or are nervous of the start, position yourself on the side towards the back. You'll need to swim a bit further but you will have a clearer path.
- Swim hard to the first turn or few hundred meters and then settle in with the bunch, find some fast feet and sit on them. You'll save about 30% in energy.

T1

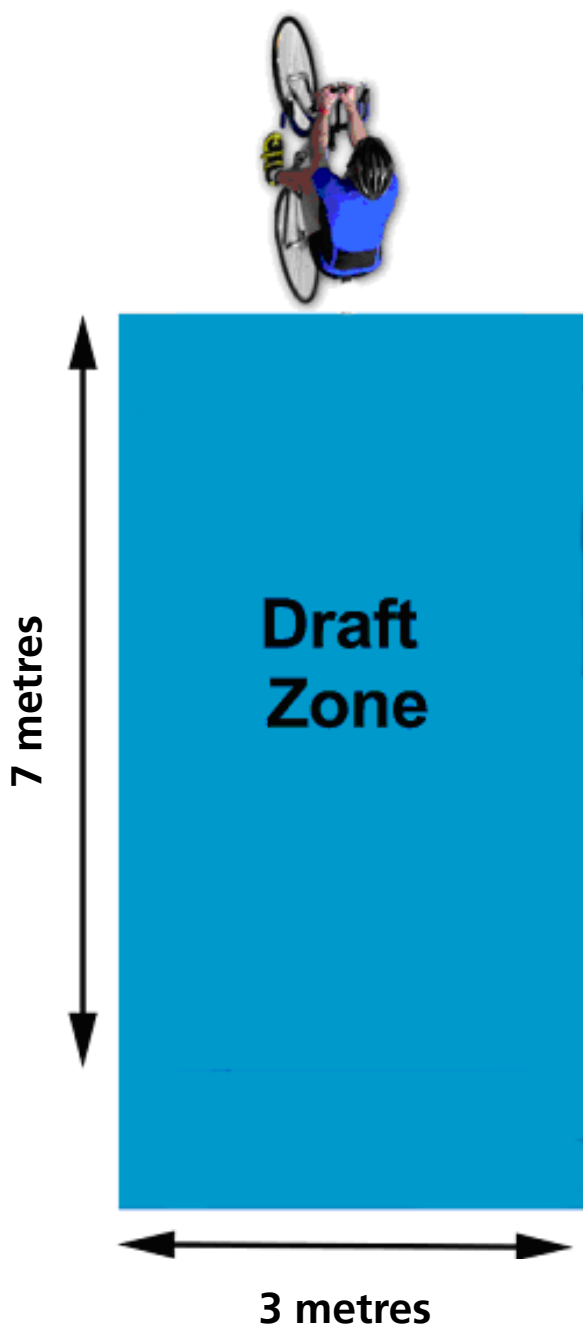
- On your way to the transition area, unzip your wetsuit and pull it down to your hips – you may want to do this before removing your cap and goggles.
- Remove cap and goggles.
- At your bike use your feet to push your wetsuit down and off as you put your glasses and helmet on.
- Put your shoes on if they are not already on the bike.
- Put your race belt on (number at the back for the bike leg).
- Make sure your helmet is on properly before you unrack your bike.
- Run your bike out of the transition area and mount only after you have passed the mounting line (there will be marshals there telling you what to do).

Bike

- Stay left unless overtaking. Hopefully you will be the person overtaking, but if not, there is nothing more frustrating than someone who won't move over.
- The first few kms and the last few kms of the bike course are for the legs to adapt. Your racing on the bike is done in the middle (say 30-35kms in a std distance tri), use those extra kms for the legs.
- In the last few kms, start to change down gears and spin your legs, it flushes lactic acid out and gets the legs used to moving at a higher cadence and ready for the run.
- Get your feet out of your shoes with about 200-300m left, ready for dismount. Make sure you continue peddling. Practice this before race day! otherwise take your shoes off once you've racked your bike.
- It's nice to learn to dismount on the run, it keeps up the rhythm, but only do this if you are confident and have practiced, otherwise you're setting yourself and others up for an accident.

Drafting

- Competitors are not allowed to draft, ie, take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.
- The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide. The centre of the leading 3 metre edge is measured from the back edge of the back wheel.
- The draft zone of one competitor may not overlap the draft zone of another competitor.
- Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed above or in the following circumstances :



- For safety reasons
 - At an aid station
 - At the exit or entrance of a transition area
 - At an acute turn
 - If race officials exclude a section of the course because of narrow lanes, construction, detours or for other safety reasons
- When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. Failure to do so may result in an official caution. A competitor is passed when another competitor's front wheel is ahead of his/hers.
 - Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open, or semi-open, courses only single-file riding is allowed. You should always be aware of hazards and other racers around you.

T2

- Make sure your bike is racked before removing your helmet.
- Use elastic laces to speed up your transition into your running shoes.
- Be careful in transitions T1 and T2. It is a common place to get injured. People throw their wetsuits down, may have kicked your shoes, if your shoes were on the bike one may have been knocked off. Don't lose concentration or rush too much.
- As you leave T2, swivel your race number to the front.

Run

- Stride out early, it helps to break the pattern established from the ride.
- Ensure you take in plenty of fluids, stay hydrated.
- Set yourself goals for the run eg each kilometre in a certain time.
- Use someone bigger than you as a wind breaker.
- Hold your form and finish strong.

- Check you have everything before you leave transition – they won't let you back in once they have cut your race tag off.

Above all... **HAVE FUN and GOOD LUCK!**

Post Race and Miscellaneous

- Never try things out in a race for the first time, that's what training is for ie goggles, wetsuit, bike position, running shoes, nutrition.
- Run through each piece of equipment, make sure your elastic laces aren't too loose or too tight; that you know how to undo your wetsuit, that your gears are changing smoothly, that your tyres are inflated, that your goggles fit properly etc.
- Choose appropriate nutrition during a race. Test your nutrition during training. Simple carbs during activity and a combo of carbs and protein for recovery. Utilise electrolyte sports drinks, plain water sits in your stomach possibly resulting in a stitch, electrolytes assist in absorption and rehydration.
- iPods and other personal audio equipment are banned in triathlons in order to keep people alert in the transition area. There are waves taking off throughout the day so be considerate to those who are in the middle of their race.
- Remember to stretch after the race. If the water is cold, pop your legs in it afterwards and use it as a 'Paula' ice bath.
- Make sure your bike computer is zero'd before the race and take it off the bike afterwards, you'll ruin your average and time pushing it to the car.

