



Triathlon Race Day Tips

Two Days Before:

- Get a good night's sleep. If the race is on Saturday, Thursday night matters most. If the race is on Sunday, Friday night matters most.
- Purchase any triathlon related gear that is needed to replace old or worn out gear. Now is NOT the time to try the new goggles, suit, bike, etc.

Day Before:

- Pack all racing and other gear that you will need.
- Put gear in the car if able or if safe. If in a hotel, keep gear in the hotel room until the morning of.
- Know what you are going to eat the morning of as well as during the event. Make water bottles and food the night before, and keep them in the fridge (please make sure you bring them to the race)
- Get to bed at a reasonable hour that is not too far off of your normal sleep schedule.
- Take a nap earlier in the day if possible.
- Rack bike if it is required, note bike position in transition area. Remove computer. Inflate tires to race psi, likely to be 100-110psi.

Morning Of:

- Allow plenty of time to wake up and get to the race site, plan on arriving in the area 1.5 hours before transition closes to find parking, etc.
- Go to the bathroom before you leave the house or hotel room...at least once...even if you don't 'have-to'.
- Eat breakfast that you planned on eating yesterday. Hydrate.
- Continue to sip on water until about 15 minutes prior to the race start, then stop.
- Try to arrive to the transition area 1 hour before it closes, certainly more than 30 minutes before it closes.

At the Race Site:

- Go to the bathroom...again...even if you don't need to.
- Pick up chip and race packet if you didn't get it the day before.
- Take bike, helmet, and gear to the transition area to get body marked.
- Once body marked, find your spot in the transition area, and rack your bike and set your bag down.
- Put your bike in an EASY EASY gear so that you can get started without any trouble.
- Walk through the transition area from the swim exit ◇ to your bike ◇ from your bike ◇ to the bike exit ◇ from the bike return ◇ to your transition location ◇ to the run exit.
- Set up your transition area, keep it simple. Keep your bag out of the way, but accessible in case there is something in it that you decide you need in transition between the sports.



- Once your area is set, if there is time, do a short warm-up run of 10 minutes max to loosen up a little and shake out the nerves.
- When you return to your transition area, make sure your chip is on your ankle, get your cap and goggles, go to the bathroom...again...if the line is not too long by now, and make your way to the swim start.
- Warm-up in the swim if it is not too cold in the water or not too cold outside, or if they will let you.

Race Time Tips:

- For the swim, line up according to your ability. I like to line up to one side, generally the side that 'looks' like it is a longer swim. The difference in the distance that you swim is generally not too much longer if you choose a less congested starting location.
- Introduce yourself to the person next to you and tell them that you are going to kick their butt.
- Stay relaxed if there is a lot of congestion. Move to the outside, tread water, do breast stroke, or back stroke if you are panicked. Try to continue forward motion.
- If someone next to you is overly 'aggressive' ease away from them as they will probably be slowing you both down.
- On the bike, build throughout the bike leg so that you finish strong.
- Stay to the right hand side of the road. If someone says 'on your left' they are passing you on your left side. If you are passing someone, indicate you are doing so by saying 'on your left.'
- Be a defensive cyclist. Chances are that the other person is more caught up in their race than they should be. You may say 'on your left' and they may move left. Be ready for anything.
- As you near the end of the ride, consider shifting into an easier gear to help flush out your legs. You may also want to stand up and stretch your calves and/or hamstrings while finishing the bike.
- Start the run strong as I find it is easier to maintain your pacing that way.
- Feed off of the people around you and if passed, try to run with the person for as long as you can.
- Comb your hair, wipe your face, adjust your glasses, and get ready for your finishing picture... at least get rid of the boogers.

Finish Line and Beyond:

- As you finish...stay under the clock or at the center of the finishing chute so that your photo looks good. Stop your watch AFTER you have crossed the finishing mat.
- Thank a volunteer.