

## Race Prep Guide

### Pre-race

#### To ensure a safe and successful race, look at the list below in advance

- ❑ Have a reputable bike shop service your bike and/or your child's bike, especially if the bike has gone through several family members and has never been to the "bike doc". Make sure that brakes, chain and gears are adjusted and functioning properly.
- ❑ Tighten all bolts, especially seat and handlebar bolts. You can do this yourself although some bolts require special size tools that might be hard to find in the average toolbox. A bike shop can do this as well if you bring the bike in for a tune-up.
- ❑ Be sure that helmets fit appropriately. All straps should be tight and the helmet should sit on the forehead without slipping.
- ❑ Check bike seats for appropriate heights. Children often ride seats that are much too low. A tell tale sign - knees poke out and their heels are on the pedals. Adjust children's seats so that they can touch the ground with tiptoes only. If they can sit on the bike with feet flat and knees bent, the seat is too low. Practice on the bike with the seat at correct height before the race. Remind them to pedal with the front part of the foot on the pedal and toes facing straight ahead.
- ❑ Invest in goggles that fit. Try them out ahead of time.
- ❑ Invest in good shoes. Adults should use a running shoe. Children can get by with a basic athletic shoe, although a runner is better.
- ❑ Learn the course. Ride the bike course and run on the run course. Practice the swim distance before race morning.
- ❑ Pick up your race packet ahead of time, either at the pre-race meeting or during the week prior to the race. It's very chaotic on race morning.

### Transitions

#### How to go from one sport to the next

- ❑ Invest in elastic laces. It's faster and safer since it's harder for untied shoelaces to get caught in moving bicycle parts. Laces run anywhere from \$5-12 and can be found at places like the Salt Lake Running Company or Pool-n-Patio. Or, go to an outdoor store and buy thin elastic cord and a set of cord locks.
- ❑ Bring a towel to put under the wheel of the bike. Put all gear on the towel and arrange in the order that it's needed. Keep the space neat and small. Avoid spreading out and taking over several rack spaces.
- ❑ Remember that it's harder to dress when wet. Use a short crew or mini-crew sock that's easy to put on. Avoid long tube socks or tight nylon socks.
- ❑ If possible, practice riding and running without socks.
- ❑ If you or your child finds it absolutely necessary to put shorts and a shirt on after the swim, make sure the clothing goes on easily when wet. Avoid tight fitting jerseys and long shorts. If possible, swim, ride and run in a bathing suit or a tri short and top. It saves lots of time. Boys can go without a top but should avoid wearing long baggy shorts that don't fit their waist (now is not the time to worry

about fashion!). The pants get caught on bike seats and are hard to pedal and run in when wet.

- ❑ Be sure to place helmets in a position that allows them to be put on correctly without thinking about it. It's not uncommon to see people put a helmet on backwards!
- ❑ Look at the entrances and exits of the transition area before the race begins. Do a dry run, i.e. practice going from "swim in" to "bike out" and from "bike in" to "run out" by simply walking in and out at the designated signs and back to your spot on the rack.
- ❑ Remember, you will not be able to ride in the transition. All athletes must mount and dismount at a designated place. Look for that place before the race. It will be marked just outside the transition.

## **Swim**

- ❑ Practice swimming in a straight line in the lane, ducking under the lane line and pushing off the wall in the next lane. That's how the race works. However, don't do this if people are using the lanes for lap swimming. Best time for practice is during the April 18<sup>th</sup> clinic.
- ❑ All athletes must be body marked before the swim.
- ❑ Any mode of swimming is acceptable although it's best if it's a straight line!

## **Bike**

**Look ahead. Obey all traffic signs unless a policeman or volunteer waves you on.**

- ❑ It's the cyclist's responsibility to stay upright! Look ahead. Brake evenly with a light pumping action. Slow before the corners.
- ❑ Know the course! Practice the turns.
- ❑ Ride to the right. Pass to the left (unless otherwise indicated). Do not ride on the left side of the bike lane.
- ❑ Look to the left before passing.
- ❑ Athletes should have their numbers on during the bike and the run. Most of the time, numbers can be pinned directly to bathing suits. Or, use a race number belt that can be easily clipped on during transition.
- ❑ If the bike has a water bottle cage, carry a bike bottle with water or sports drink. It probably doesn't need to be more than half full for this distance. If the bike doesn't have a bottle cage, leave a bike bottle in the transition and take a drink right after the swim and just before leaving on the run.

## **Run**

**It's almost over!**

- ❑ Know the course. Know where the second lap starts and where to turn for the finish line if participating in the race for older athletes running the two-lap course.
- ❑ Keep a steady pace. Avoid sprinting!
- ❑ If using a race number belt, face the number forward on the run.
- ❑ There will be a water stop on the run.

## **Pre Race Meals**

**Practice eating the food you will use on race morning prior to the race.**

**Don't try anything new on race morning!**

- ❑ Drink 8-16 ounces of a sports drink or water upon waking. Smaller people will drink closer to 8 ounces while large guys may drink 16 ounces.
- ❑ Sip a sports drink or water between breakfast and the race. Stop drinking about 30-45 min. before the start and then take another drink about 10 min. before the start.
- ❑ Eat a small easily digestible meal or snack 1.5-2 hours before the race starts. You don't need much before such a short race, but you do need something. Suggestions include a piece of toast with a small amount of peanut butter, a small bowl of cereal with skim milk or soy milk, or a nutrition bar. Avoid heavy high fat foods.
- ❑ Practice eating the pre-race meal and exercising shortly afterwards before the race.