

LET'S GET ORGANISED

Planning for the race

The week prior

Re-read entry form details. Make sure you've sent it off.
Check out the course if you can
Have bike and all equipment checked at least two days prior
Don't use anything you haven't tried in training
Don't train too much
Get a few good nights sleep
Pack your bag the night before (see Race checklist)

So it's Race Day

Race day tips and procedures from former Australian Champion Bianca van Woessik

Prior to the race

1. Arrival (allow 10-15 minutes)

- Try to arrive and be parked 1 hour before start
- Unload gear, check wheels are firmly in bike, pump up tyres
- Registration. Collect race number
- Check wave start time, course details/changes

2. Transition Set-up (10-15 minutes)

- Find your place. Sometimes racks are numbered
- Rack your bike carefully. Don't knock other bikes
- Arrange your gear: towel, hat, shoes, helmet near handlebars/sunglasses
- Check water bottle is full
- Put bike in easy gear
- Put number on shirt or bathers (guys must wear singlet)
- Toilet stop?

3. Transition Familiarisation (10-15 mins)

- Check swim, bike, run entries and exits
- Practice finding your bike (eg. landmarks or count rows)
- Check bike mount/dismount area

4. Warm-up (10 mins)

- Jog/stretch
- Toilet stop?

5. Prepare for swim start (20 mins before start)

- Put on shirt, vaseline, wetsuit
- Get goggles/cap ready
- Be ready for race briefing (in transition or at start)
- Check swim buoys/markers for course (don't worry, it always looks long!)
- Warm-up swim
- Find a spot away from pack at start line
- Relax think calm, confident thoughts

It's time to race

Swim:

- Don't start at the front unless you are a strong, confident swimmer
- If you are nervous about the start, count to 5 after the siren goes, then go
- Aim for clear water. Remember the congestion eases after the first hundred metres
- Get into a rhythm.
- Be prepared to lift your head to navigate (practice this in training)

Cycle:

- Don't mount your bike in transition area
- Start in easier gear, get breathing under control
- Be alert, practice caution, hold your line
- Avoid 'Packs'. Drafting is illegal (check the rules in this issue)
- Make sure you drink plenty of water/sports drink
- On return to transition, rack your bike properly before going to run exit

Run:

- Your legs will feel like rubber at first. Keep running, it will get better
- Try to hold 'form'
- Slow down and drink at Aid stations
- If you intend running without socks, make sure you try it in training first - Even if you feel exhausted, smile and wave at the finish line. The crowd will love you for it!!

Transitions:

- Slow down at the timing chutes
- Remain Cool, calm and collected. Don't rush.
- Don't discard any clothing or equipment before reaching your transition spot Extra towel (to dry off)

RACE CHECKLIST

So what do you really need to remember when heading off to compete? Here's a handy list of gear and equipment you should take to every triathlon. Why not photocopy this list and check off the items before leaving home for each event!

General Equipment

- Sports bag - bright colours are easily identifiable
- Sunblock - waterproof is best
- Small towel - for wiping feet in transition
- Sweatshirt and long pants for pre-race
- Sports watch / heart rate monitor

Swim

- Swimmers
- Goggles
- Wetsuit optional
- Vaseline to stop wetsuit chaffing
- Baby powder (to help get wetsuit on)
- Baby oil (to help get wetsuit off)
- Swimcap (provided at most races)

Cycle

- Bike
- Bike shoes (if you have clipless pedals)
- Helmet - must meet official standards
- Spare tube - tape to the bike seat stem
- Pump - one on the bike and a track pump if you have one for pre race inflation!
- 1 or 2 water bottles - on the bike!
- Water or Sports drink
- Energy bars / bananas / carbo gells for longer events
- Gell holder
- Singlet / T-shirt (compulsory for males)
- Sunglasses
- Race belt

Run

- Running shoes - check out fast action laces
- Cap / visor - especially on hot days
- Carbo-gels for longer races
- Sunglasses
- Knee brace (or other stuff to hold your body together)
- Race belt

Post-race

- T-shirt
- Shorts
- Jocks / knickers / bra
- Sandals
- Warm clothes (just in case)
- Towel
- Band-aids / first aid kit (just in case)
- Snacks