



## **FREQUENTLY ASKED QUESTIONS**

### **What is the order of the triathlon?**

Swim → [Transition 1] → bike → [Transition 2] → run

In the transition area, your bike will be racked in a specific spot and you will have some space to set out your helmet, running shoes, etc. After the bike portion of the race, you will return to the same transition area and rack your bike in the exact same spot before you head out to the run.

### **Can I use a mountain bike?**

Yes. If you use a mountain bike instead of a road bike, you might want to consider putting slick (thin/road) tires on the bike to cut down on the resistance and make the race more enjoyable. The bike course is a well-paved asphalt road, but mountain bikes are welcome!

### **How does the swim work?**

The swim is a time-trial, serpentine swim in an Olympic-distance pool. Basically, athletes are ordered from fastest to slowest. Every few seconds, an athlete drops into the pool and swims up one lane and down the next until the 400 meters are complete. The pool is 50 meters long, with 8 lanes. Athletes will swim one direction in each lane.

### **Do I need a wetsuit?**

No. The swim takes place in a heated, indoor pool. Wetsuits are mainly used in open-water swims (oceans, rivers, lakes) where the water is 78 degrees or below.

### **What if I don't know my estimated swim time?**

Don't worry! Put in your best guess or 99:99. We will request your updated estimated swim time approximately 3 weeks before the race. By then, test yourself and submit your estimated 400m swim time.

### **What is the one-day USAT fee for \$10?**

Eagle in the Sun Triathlon is a USA Triathlon-sanctioned race, and all athletes must be USAT members to compete. If you do not have an annual membership, you must purchase a one-day pass for \$10. USAT provides comprehensive liability insurance coverage to sanctioned events. The USA Triathlon policy automatically covers USA Triathlon race directors, sponsors, volunteers, officials, and participants while participating in sanctioned events.

