



## TIPS FOR YOUR FIRST TRIATHLON

### 9/4/10: The day before Eagle in the Sun Triathlon

- Pick up your race packet between 3-6pm at Tigua Recreation and Wellness Center (11200 Santos Sanchez) – don't forget to bring photo ID!!
- Pack your tri stuff: SWIM (bathing suit, goggles, cap), BIKE (make sure tires have air, air pump, water bottle, repair kit, bike gloves, shorts, shirt, helmet (cannot compete without this), bike shoes, socks), RUN (running shoes, race belt); other (sunscreen, hat, sun glasses, towel).
- Eat a healthy dinner.
- Set your alarm clock to get up in the early hours of the a.m. and go to bed early!

### 9/5/10: Race Morning

- Check your bike to see if the air is still in your tires. If not, replace tires.
- Eat a healthy and simple breakfast.
- Arrive at the race **at least an hour** before the race begins.

### 9/5/10: Upon arrival at the Race site (11200 Santos Sanchez 79927)

- Go to the transition area for BODY MARKING, SAFETY CHECKS (helmet required, working breaks). Wait until AFTER you're bodymarked to put on sunscreen so the numbers don't rub off!
- Rack your bike in the designated area (GENERAL, MOUNTAIN BIKES, RELAY) and set up your area. Lay your towel next to your bike but be sure it doesn't overlap your neighbor's space. Neatly place the following things on your towel: bike shoes, sneakers, hat, sunglasses and anything else you might need for the bike and run. Place your bike helmet on your towel or on top of your handle bars. Do not buckle it or you will have problems unbuckling it when you get out of the water.
- Remember, NO spectators are allowed in the transition area. You can be disqualified!
- Affix the bike number to your bike (seat tube or top tube). Pin the number to the shirt you will be wearing for both the bike and run. OR use a race belt.
- Make sure that everything you need is on your towel and organized so that you don't have to fish through your bag during the race. Put the things that you don't need in your bag to cut down on the confusion.
- Pick up your timing chip and strap it to your ankle.
- Go to the bathroom.
- Enjoy the people around you. Triathletes are great people!!!

### Part One: Triathlon Swim

- Line up in order of your race number and pay attention to the people entering the water before you.
- GO!!!! Have fun! Most people work so hard they miss the fun of the event!
- Swim to the right of the lane, and pass on the left. Be courteous to other swimmers and allow them to pass if they're swimming faster than you.
- Everyone panics the first time. You will too...and then you will get over it and finish the race. Remember, relaxed muscles float much better than tense muscles.
- If you get tired, take a minute to rest at the next wall, and then continue swimming after you have rested.
- If you feel like you have not trained properly for the race and cannot continue OR you get hurt, wave your arms and make a lot of noise while you have the energy so that a lifeguard can help you.

## Swim to Bike Transition (T1)

- Walk/jog to the transition area and find your bike. You may feel a bit disoriented. That's OK! Keep going!
- Take off your goggles and cap and place them on your towel.
- DO NOT GO INTO THE RESTROOM TO CHANGE; put your gear on over your swimsuit. Put on your t-shirt/tank top with your bib number on it. Or use a race belt and snap it around your waist before you leave transition.
- Put on your socks and clip-in cycling shoes or running sneakers.
- Put on your helmet and make sure it's fastened. Put on your sun glasses.
- Make sure that your water bottle is on your bike.
- Walk/Jog your bike to the bike mount area.

## Part Two: Triathlon Bike

- Go slow through the NO PASSING ZONE, then open it up when you hit Socorro Road. GO!!!
- Stay to the right and pass on the left. **\*\*IF YOU ARE NOT PASSING ANYONE, YOU MUST RIDE ON THE RIGHT SIDE OF THE LANE!\*\***
- Be careful and aware of road surfaces.
- Let bikers know when you plan to pass them. (Yell, "ON YOUR LEFT!!")
- Drink some of your water throughout the course.
- Do not draft or you will be disqualified or penalized. Drafting is when you ride too close to the person in front of you and you gain an advantage from them. It is dangerous and against the rules.
- When you are approaching the end of the bike course, slow down through the no passing zone as you approach the bike dismount area.

## Bike to Run Transition (T2)

- Jog/walk bike inside the transition area to your bike spot. It is illegal to ride your bike inside the transition area.
- Take off your helmet.
- Put your bike on the rack in the correct slot. Put on your running shoes if you don't already have them on.

## Part Three: Triathlon Run

- GO!! Your legs will feel like jelly. Everyone's legs feel like jelly! It will pass.
- Cheer people on as they pass you or you pass them. Have fun!
- Be careful and aware of road surfaces.
- Pass other runners on the outside.
- Drink water at stations. Thank all the friendly volunteers!
- Remember, the finish line where the timing carpet is -- not anywhere before that! Finish the race hard so you know that you did your best to the very end.
- A volunteer will be waiting for you just after the finish line to collect the ankle timing device.

## After the Triathlon:

- DRINK LOTS OF WATER. Check out the post-race food for athletes and grab a snack!
- Sign up for a post-race massage and enjoy!!
- Be courteous to other racers and move out of the transition area if there are still racers finishing behind you. The event has many participants and you may be finished while others starting their run. Be considerate.
- You may or may not want to stick around for the awards ceremony.
- Reward yourself with a great healthy meal and smile at the fact that you completed your first triathlon!!