

Tips and Tricks!

1. If this is your first tri, make sure you pack up the night before. Remember you have to load your bike on your car and you have more to carry than a typical race. So if you wait till the morning, you'll probably be late!
2. Try to get there at least one hour before the race. This will give you time to make sure your tires are inflated, take your bike to the transition area, and then walk down to the livery. This will take a good 1/2 hour to do all this.
3. Wear a pair of old running shoes for the canoeing portion of the race. Bring a wetbag or a waterproof sack to keep a small towel, your dry running shoes, socks, and whatever nutrition/liquid you plan to use. I typically have one gu and a bottle of gatoraid. Place your name on this wet bag. You'll need this to put your wet socks and shoes in. You throw that in a pile and they'll take it to the staging area for you and you can pick it up before you leave at the end of the race. Outdoor World at the Forest Fair mall (or whatever it's called today) has these bags for about \$10.
4. Most of us will be out there for at least 3 hours. Make sure you have liquids for the canoeing AND bike portion of the race, there will be water available on the run. Also, you should once again have some sort of nutrition. The last time I participated it was very warm. You need to have enough fluids otherwise you WILL cramp up and you will run out of gas! I had severe calf cramping the first time I did this race.
5. After the race they'll have drinks and food.
6. What do most people do who wear biking shorts? a place to change or must wear them during the run?
Most people I know do two things. People who do tri's buy tri

shorts. The padding is smaller and you can run in them. I'd suggest that. Otherwise, most folks just don't wear bike shorts and they just try to survive the bike ride!

7. will there be oranges/bananas/water along the routes?

Here is what I typically do I have a gatoraid that I take with me on the canoe. Then in my waterproof bag that I keep my running shoes in, I have a GU or some other nutrition. I take this after the canoe while I'm changing into my running shoes. Then I have another GU taped to my bike for the bike portion and then I have water/gatoraid in my bike water bottles.

8. Where do family/friends wait? Only at the finish line or can they space out along the running/biking routes?

The finish is a good spot. Also, if you don't mind a 10 minute walk, you can walk down to the canoe start and watch them get ready. You really can't get close to the water though, it's very crowded with canoes. Also, the end of the run where they transition to the bike is another great spot. The participants have to run up a killer hill and most have to walk. So your friends can wait for you at the top and watch you out of breath!