

WOOLWORTHS CHARITY TRIATHLON

REMEMEMBER the heat and to take precaution

HINTS for 1st time Triathlon participants

Things to remember on race day

- race numbers – 1 for bike and 1 to race with(provided in race pack)
- safety pins and elastic band for race number(provided in race pack)
- swimsuit
- goggles
- swim cap, brightly coloured(**NO blue, white, black, grey, green**)
- towel
- running shoes
- bike – make sure that both brakes are working, tyres and tubes are good condition and if possible make sure it has recently been serviced
- water bottles – filled with water and or sport drinks
- sunglasses
- bike helmet – does fit ,approved type and is in good condition
- clean clothes for after
- bike shoes (if used)
- Vaseline(to prevent chaffing)
- Sun tan lotion

Race morning

Get body marked

Take bike and all necessary items to Transition and book in

NB: no tog bags or buckets are allowed to be left in transition area

Transition Area

Rack your bike on the bike racks set-up all labelled with your categories. (Hint: Before you pick a place on the rack, find out from which direction you will be entering it from the swim and from which way you will leave on the bike and run legs).

Setting Up in Transition

Place

- towel on the ground with your bike/run shoes, race number, sun glasses etc
- helmet on the handlebars or on your bike seat (. Leave the chinstrap unfastened)

A good rule to remember, place things in a sequence so you can grab them easily.

After the Race

After you cool down, try to gather all your things at the transition as soon as possible. Make sure you grab shoes (the right and left), goggles and cap, and HELMET.

Frequently Asked Questions

The Swim (NB: Swimming is in a dam and swimmer must be competent)

Q: How far is 400 meters?

Eight lengths of a fifty metre pool or sixteen lengths of a twenty five metre pool

Q: What swim stroke should I use?

In this event it doesn't matter. Free style, backstroke and breaststroke.

Q: What if I panic in the water?

Roll over on your back, and make sure your head is well out of the water. Slowly take a deep breath and think happy thoughts. Force yourself to smile, and your body will naturally feel better. If you need help place your hand in the air to attract lifesavers attention.

Q: Do I need a wetsuit? Can I wear a wetsuit?

No! As the water temperature in November will most probably not allow it.

Q: Will other swimmers collide with me during the swim?

No. Triathletes are generally considerate. Suggest maybe if unsure start at the back or on the sides as there is less congestion

Q: Do we all start at the same time?

No. Athletes go in waves, first the individuals then the team in each category (Long Triathlon then Short Triathlon).

Q: How do we know which wave to swim in?

When you check in at registration, you will be to see the buoys laid out in the water. Depending on the sun the swim is generally anti- clockwise.

Swim to Cycle Transition Zone

Q: What must be done on finishing the swim?

Follow the route from exiting the Swim to the transition area. You will make your way to your bicycle at the bike rack. Team swimmers must find their cyclist and handover timing chip.

Bike

Q: How difficult is the cycle route?

Provided you have done some cycling, ridden up 1 or 2 steep hills in training and at least 20km on least 2 occasions you should be fine.

Q: Do I need a new bike?

No. As long as your bike works and has all the necessary safety aspects-good tyres and working brakes, you will be fine.

Q: Do I need special bike shoes?

A1: No. Running shoes and toe clips for the bike are all that is required. If you are a seasoned MTB athlete then use special shoes but remember you will in the transition zone have to change from bike shoes to running shoes.

Q: Is there a bike mechanic on site?

Yes to assist with basic needs and minor mechanical issues

Q: When do I need to wear my helmet?

Your helmet must be worn at all times whilst on the bike. This includes having the chin strap done up the moment you mount your bike, until after you get off your bike. This happens at your bike rack in transition.

Q: How close can I ride to the other competitors?

Cyclists should keep at least two full bike lengths away from other cyclists. This is for both safety reasons and fairness and allows for sudden emergencies.

The Bike to Run Transition

Q: What is the Bike to Run transition?

As you approach the transition area you will need to dismount your bike, push it with your helmet strapped to your position on the bike rack. You will place your bike on the rack. unclip the helmet, remove helmet and prepare for the run. Those in teams must run to their runners and handover timing chip.

Run

Q: Must I run with shoes?

Yes. The rules require you do and the terrain is rough under foot.

Q: Can I walk?

Yes. Any form of locomotion: running or walking.

Q: How long can I spend at the Watering points?

As long as you need too.

The Finish/Results

Q: What do I need to remember when I near the finish?

Make sure your race number is in the front and that you have the chip timing responder attached to your ankle

Smile and wave at your fans and team mates

Step away from the finish line so others can cross.

Q: When do I see the results from the race?

Provisional results are generally posted within an hour or so after the last competitor has finished.

Other tips

Familiarise yourself with the events layout. See where your family and corporate support will be based during your event.

Race your own race, do not get caught up in a serious challenge or bet that you might regret later.

Feeling tired. Stop take a breath enjoy the stunning views. If you need help the medics will be there to assist.

Remember the reason why you are doing this.....fun enjoyment and helping raise money for charity