

## FREQUENTLY ASKED QUESTIONS

### THE SWIM

**Swimming is in a dam and swimmers must be competent.**

**Q:** How far is 400 metres?

A: Eight lengths of a 50 m pool or 16 lengths of a 25 m pool.

**Q:** What swim stroke should I use?

A: It's your choice: freestyle, backstroke or breaststroke.

**Q:** What if I panic in the water?

A: We have lifesavers on duty, but try the following:

1. Roll over onto your back and make sure your head is well out of the water.
2. Slowly take a deep breath and think happy thoughts.
3. Force yourself to smile and your body will naturally feel better.
4. If you need help, raise your hand to attract the lifesavers' attention.

**Q:** Do I need a wetsuit?

A: No. The water shouldn't be too cold in November. We will confirm if you need to wear a wetsuit on the day.

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

A: It's unlikely; triathletes are generally considerate of each other. If you feel nervous or unsure, start at the back or on the side where there is less congestion.

**Q:** Do we all start at the same time?

A: No. The races start in waves: first the individuals and then the teams in each category – Long Triathlon, then Short Triathlon.

**Q:** How do I know which direction to swim in?

A: The swim is generally anticlockwise, but this depends on the sun. We will show you the buoys in the water when you check in.

### THE SWIM-TO-CYCLE TRANSITION

**Q:** What do I do when I've finished swimming?

A: Team swimmers:

1. Exit the dam and follow the route to the transition area.
2. Find your team's cyclist.
3. Hand over your team's timing chip.

Triathletes:

1. Exit the dam and follow the route to the transition area.
2. Make your way to your bicycle.
3. Get ready for the cycle as quickly as possible.

### THE CYCLE

**Q:** How difficult is the cycle route?

A: You should be fine if you've:

- Done some cycling.
- Ridden up one or two steep hills.
- Ridden at least 20 km on at least two occasions

**Q:** Do I need a new bike?

A: No. As long as your bike is functional and has all the necessary safety aspects, like good tyres and working brakes, you will be fine.

**Q:** Do I need special cycling shoes?

A: No. Running shoes and toe clips for the bike are all that is required. If you are a seasoned MTB athlete, you may use special shoes, but remember you will have to change from these into running shoes in the bike-to-run transition area.

**Q:** Is there a bike mechanic on-site?

A: Yes. To assist with basic needs and minor mechanical issues.

**Q:** When do I need to wear my helmet?

**A:** At all times while on your bike. The chinstrap must be clipped the moment you mount your bike, and remain so until you get off your bike at the rack in the bike-to-run transition area.

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

**A:** Keep at least two full bike lengths away from other cyclists. This is for both safety reasons and fairness, and allows for sudden unforeseen emergencies.

## **THE BIKE-TO-RUN TRANSITION**

**Q:** What do I do when I've finished cycling?

**A:** Team cyclists:

1. Dismount as you approach the transition area.
2. Keep your helmet on and fastened.
3. Push your bike to your position at the rack.
4. Place your bike on the rack and unclip and remove your helmet.
5. Find your team's runner.
6. Hand over your team's timing chip.

Triathletes:

1. Dismount as you approach the transition area.
2. Keep your helmet on and fastened.
3. Push your bike to your position at the rack.
4. Place your bike on the rack and unclip and remove your helmet.
5. Prepare for the run.

## **THE RUN**

**Q:** Must I run with shoes?

**A:** Yes. The rules require it and the terrain is rough underfoot.

**Q:** Can I walk?

**A:** Yes. Any form of locomotion is allowed: walking, jogging and running.

**Q:** How long can I spend at the watering points?

**A:** As long as you need to.

## **THE FINISH**

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

- A:**
1. Make sure your race number is facing the front.
  2. Make sure the chip timing responder is attached to your ankle.
  3. Smile and wave at your fans and teammates.

**Q:** What do I need to do when I've crossed the finish line?

- A:**
1. Congratulate yourself and catch your breath.
  2. Step away from the finish line so others can cross.

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

**A:** Provisional results are generally posted within an hour of the last competitor finishing.

## **TRI!2016 TIPS**

- Familiarise yourself with the event's layout.
- Check where your family and corporate support will be based during your race.
- 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 and enjoy the stunning views.
- Need help? The medics will assist you.

**REMEMBER THE REASON WHY YOU'RE DOING THIS: FUN, ENJOYMENT AND RAISING MONEY FOR CHARITY!**



# **TRI!**<sub>W</sub>**2016**