

**FAQ presented by 3 Disciplines;** everything you could possibly need to know and more from start to finish.

### **Picking the correct event:**

#### **How do I know what multi-sport event to pick?**

Do not have superman complex! If you are asking this question start with the sprint event. If you still have a doubt start with the super sprint. WHY? Your first experience should be fun! You should not be stressed and worried about your first event. Do the sprint, have a blast, watch others in the longer events after you have finished and learn. Then enter the sprint in your next event and follow the same routine, watch, learn and welcome to the wonderful world of Multi-sport.

#### **What to do next?**

Continue training (see the bottom for training tips) then you register for an event. Go to the website, click on the menu button in the top right hand corner. That takes you to the events page, find the weekend you would like to participate and click on that event. Take a look at where it is, if that sounds good click on the REGISTER button in the right hand corner. Complete the registration process and if you have not started training now would be a good time.

#### **Do you need a wetsuit?**

No worries we have you covered there as well. When you clicked on that register button you noticed just below it there was a wetsuit rental button. If you are not a confident swimmer, your first event rent a wetsuit. Once you put on a wetsuit and enter the water you basically just have to move your arms. Today's wetsuits have a chest of 4-5mm of neoprene thickness on the front side of the wetsuit so the buoyancy factor pretty much puts you on top of the water. So again enjoy your first event, you want to be as confident and stress free as possible to have a great time.

#### **Do I need to go buy a bike?**

NO, use what you have, use a friend's

#### **Do I need to go buy an expensive bike if I need to buy a bike?**

NO, there are dozens of entry level bikes out there these days, for any event, mountain bike, triathlon, duathlon, road bike race, cross bike, but do yourself a favor and go to a local bike shop and get the right bike. Don't go into a big box store and pick up one of those, you will be getting another one before the year is out.

### **Race weekend:**

#### **Day Before what to do?**

Take a look at the registration page, see what time registration opens, see what time Multi-sport 101 begins and plan to arrive accordingly. You should plan your day to look at the courses as well. Whether that is driving them or riding them. Our first big tip is ALWAYS plan to preview the courses and go for a swim. This will calm the nerves every time from your first event to your last.

**On-site Registration:** This will be the most important pre-event process, especially if you plan on switching events or have changed names, addresses, age, etc. When you arrive on site at our events there will be large flags and signs with arrows pointing you to the registration area. Many times this is under a series of white registration tents. As you approach the area there will be a 4x4x8 information booth. That will have all the events information for the weekend posted. Then you will see the tents, first look at the signs along the top edge of the registration area these are your information signs

directing you to the proper lines. When you are completing your registration process it is YOUR responsibility to check all the information to make sure it is correct. Pay special attention to your birthdate/age, your email address to get results, finally you want to make sure you are registered for the correct event. Keep in mind in MULTI-SPORT events you are scored using the AGE UP process. This simply means you will race in the age group for which you are on December 31<sup>st</sup>. Not on your birthday.

**QUESTIONS:** Please do not ask registration volunteers questions, proceed over to the information booth, IF your questions are not answered there seek a crew member in a 3D crew shirt. NOT a volunteer. They are versed only on their position and not on an entire event. They could not possibly learn everything about an event in a day. It is not realistic in any case for a volunteer to be able to answer questions about an event, unless it is specific to their position.

**Timing chip/strap:** This is commonly used for all multi-sport events. It is a neoprene strap about 1.5 inches wide with velcro on both ends. Included on the strap will be a plastic timing chip. This will remain on the strap at all times. The timing chip and strap should be securely fastened around your left ankle immediately after it has been handed to you. This is to alleviate losing or misplacing it in all the pre-morning rituals. The strap should be secure on your ankle, if you have very thin ankles and the strap is not secure please ask the crew member handing the straps out for a safety pin to tighten the strap up. This chip and strap will be collected after you cross the finish line. In the event that it is not collected it is your responsibility to get that strap back to the finish line for collection. Failure to do so will result in being billed \$50 for the replacement.

**Bib tags:** These are commonly used for running or cycling events. These are typical tyvek paper numbers with a small wire strip attached to the front or back of the bib. The bib tag number should not be modified in any way as this could damage the wire strip, thus resulting in a potential missed time. Unless otherwise clearly instructed bib tag numbers should always be clearly pinned on the FRONT of what you are racing in. These are yours to keep and many times are custom to the event.

### **Multi-sport 101?**

We started it over 10 yrs. Ago, the event director will go through the entire event start to finish with everyone attending. Answering questions along the way and being 101, will give tips and rules through the class as well. He/she will finish with the swim if it is a triathlon with the goal to get rid of as many butterflies as possible so you can have a great nights sleep.

### **What to eat the night before the event?**

That same thing you have been eating. This is often mistake #1 with many athletes regardless of the event type. Whatever you have normally been eating before a workout stick to it the day before. If it is going to be a really hot day it is imperative to stay out of the sun and stay hydrated with water and electrolytes the day before. Especially do not drink alcohol if it is going to be a hot race day.

### **Packing for the event?**

Next big tip, do this the night before, create a post it check list for each event based on your needs, lay it out on the bed, check off the list and pack. Since you already visited registration you have your race number so pin that on what you are going to race in. Next big tip, Keep It Simple! If you don't need it don't pack it. The simpler you keep it the less stress race morning. At the end of the day at a well run event like ours, all you really need is goggles, bike, shoes, helmet, and something to race in. So keep it simple, extra set of clothes to wear post event and you are good to go.

### **Preparing for mother nature?**

The next surprising thing athletes of all abilities fail to do in all kinds of events is not checking the weather forecast. It can make for a very miserable experience if you show up to an event with shorts and singlet and the forecast is 40 with wind and rain. So make sure you check the weather and pack for prepare for that.

### **When to arrive?**

This completely depends on you, you know you best. Do you need a lot of time to warmup? The fact of the matter is it should not take you more than 10 minutes to get set in transition. So all the rest of the time is parking and warming up, getting yourself mentally in the right place before the start. You will want to be there 30 minutes before registration opens. Which means 2.5 hrs. before the event. What you can do with that amount of time is anyone's guess. If you are one that needs little warmup and fly's by the seat of his/her pants the latest you should arrive is 30 minutes before registration closes. That will give you enough time to park, get your chip and strap, get to transition and then to the starting line.

### **What to do when you arrive?**

If you did not register, go straight to registration. If you did attend registration the day before you will proceed right to CHIP PICKUP.(If a multi-sport event) You will be required to show your race number, which should be pinned on your race singlet. Then you will proceed right to BODY MARKING. (If a multi-sport event) It is always best to get this done early and before you put sunscreen on. If a multi-sport event proceed to transition and set up your gear. Typically your spot to rack your bike and place your gear will be numbered. Once set in transition if a duathlon, get a warm-up in and proceed to the starting line. If a triathlon head to the beach, get a quick warm-up in and get ready for the swim start. If a run, get warmed up, a good stretch, and head to the starting line.

### **Race morning information**

Again at our events, there will be information boards throughout the venue. These boards will have race day information on them like wave starts, course updates, rules, water temperatures, etc. So you may want to check those boards as well.

### **Governing Bodies – One day licence fee**

first and foremost we want to be clear regardless of what governing body it is those one day license fees do not go to us, not a penny. Please see the governing bodies website for which the event has, USAT, USATF, USAR, USCF, USAS, etc. for all their information, comments, complaints, compliments, etc.

### **Events without one day license fees;**

These events can be found on the schedule without the governing body logo, and of course fees advertised on that event page.

### **SWIM:**

Our swim events and courses are among the safest you will encounter. To start every swimmer will receive a bright colored swim cap. Never a dark one, and a swim cap is mandatory in all open water swims. If you are allergic to latex you must provide your own bright colored cap. From our professionally trained lifeguards for which have been working our events specifically for over 10 years now with most of our groups. To our swim courses being patrolled by our own waverunners at every event. Standard ocean rescue paddle boards which all lifeguards have standard issue life saving open water throws tubes. Search and rescue, sheriff and big lake events have coast guard as well. Our

courses are designed not based on what will work best for the event or spectators but the predicted weather that morning by NOAA. If the winds shift, so do our courses. If there is a big weed bed one year we avoid it, so each swim course is dependent on that weekends weather conditions. If you are not a strong swimmer count to ten when the horn blows, then start.

**Lifeguards** – are placed throughout the course again depending on conditions. Most of the time we have a high concentration of our guards at the swim start. 90% of the time athletes start to fast, get gassed before the first buoy. Standard recommendation is to raise your hand for the guard. He/She will assist, you are allowed to hang on as long as you are not moving forward. If you chose to be extracted out of the water a waverunner will assist with that and take you to shore at the emergency extraction point where EMS/EMT will be awaiting your arrival. Once extracted from the water your race is completed at that time. You may not re-enter the water.

**Sighting** – without question the number one neglected technique. Athletes just do not practice it enough in the pool or in the open water. We use 6 foot round buoys, standard issue for oceans, these are placed a maximum of 150m apart, in most cases less than that in every single event. If that means 20 buoys are needed, 20 buoys are out there. This should equate to most swimmers swimming straight to each buoy. However if you are not sighting every 3<sup>rd</sup> to at the most 5<sup>th</sup> stroke you will swim off line. Few swimmers swim straight. So please practice sighting.

**Time Trial Start** – many athletes are preferring this start over the traditional mass start as it makes for a great, calm, swim. We simply seed you according to your swim time, seeding all the athletes based on their ACTUAL swim time, not a dream time before the start. Then athletes are given a count down, they cross the timing mats and in the water they go, one at a time about 5 to 10 seconds apart.

**Serpentine Pool Swim** – Used in most of our pool swim events athletes will simply swim down in lane 1 back in lane 1 or over in lane 2, down in 2 back in 2 or over in 3 depending on the size of the pool. Again athletes are seeded based on his/her swim times. This is crucial and VERY important for athletes to ensure they are seeding properly based on actual swim times as if you seed yourself in lets say a time you have never swam before and you cannot keep that pace you will create a back up in the pool. We try to regulate this with the time between each athlete starting in the pool as officials can tell very quickly if someone can swim well or not. In that case more space is given before the next athlete enters the pool.

**Knowing and Understanding the course** – It is absolutely, positively YOU, the athletes responsibility to know and understand every course. If YOU get lost it is not race managements fault. Maps are provided with descriptions, if you are unsure of something it is your responsibility to ask a crew member to clarify. This is standard rule for all courses. This goes for a volunteer not being at a corner that is marked, even potentially someone pointing you wrong, or you just missing a turn.

### **BIKE:**

Our bike courses are never designed just to throw something together. Every course design for that matter is designed with race and traffic flow in mind. It sometimes takes weeks to design a safe, fun, flowing course. In some cases we do not have many options but in most cases all options have been explored and discussed with proper authorities. We will even spend time ourselves biking a course on the weekend and time an event is proposed to ensure traffic flow, congestion and amount of vehicles on the course. All that in mind, many courses these days are OPEN which simply means they are open to traffic. Just as if you were doing a training ride on your own, the difference being the intersections are manned with course officials, as well as police, sheriff, state police, posse, fire, HAM radio operators, etc. The intersections being manned does not mean you can go speeding through an intersection with your head down. You still need to be aware of your surroundings and make sure they are waving you through. A human cannot stop a speeding vehicle. All courses are marked as the run courses are with 3 types of indicators, paint, chalk, signs, flags and course officials. In addition each 5k is marked as well as all turnaround points on courses.

**SAG VEHICLE** – every event we host has a bike course coordinator. He/She is responsible for every aspect of his or her course, including the athletes on it. They are driving a company truck with flashers and will be patrolling the course. If you have a breakdown situation or just do not want to continue simply flag the truck down and he/she will bring you back to the transition area.

**SUPPORT** – there will be no outside support from event staff at any event with the exception of an air pump. There will be no roadside repairs performed by staff. In the events longer than 50k there will be an aid station which will have tech support at that point so you must get to that aid station for that tech support.

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### **RUN:**

Our running events will vary in distance and type across the board. Please see event for specific details on type and terrain. This can be road, paved trail, cross-country or trail. All our courses will be marked with 3 types of indicators. Signs, chalk, paint, cones, or flags. Every mile will always be marked accordingly. Every attempt will be made to have aid stations at or near every mile. In the event they are not it will be clearly indicated on course descriptions that it is not available and where it will be available. Aid stations will have water, ice, and depending on the event a sponsored electrolyte which will be indicated on the event page as well.

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### **STAND UP PADDLE BOARD / KAYAK**

Replacing the swim event in our triathlons you may use a standard SUP (stand up paddle board) or a standard Kayak (a race/ocean kayak will be allowed but not for awards as this will be an unfair advantage to standard kayaks) A life vest must be on board at all times during the event. Typically courses are marked with a neon green basketball sized buoys with an orange basketball size buoy indicating a turnaround. Typical distances in our events with a KayaTri discipline will be a 2 mile or 3 mile distance. Starting will be either in the water or on the beach depending on the event.

**Staging** – your kayak/sup will be completely your responsibility. There will be a flagged or fenced in staging area indicated by a staging flag. You will place your SUP or Kayak in the staging area. This is where you will pick up your SUP and Kayak post event.

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### TRIATHLON:

Typically a swim, bike, run event. But an event with 3 disciplines.

<b>Super Sprint</b> –	200m swim, 6mi. bike, 1mi. run
<b>Sprint</b> -	500m – 750m swim, 12-18mi. bike, 3-4 mi. run
<b>International</b> –	1000m swim, 18 – 21mi. bike, 4.8 – 5.5 mi. run
<b>Olympic</b> -	1500m swim, 40k bike, 10k run
<b>Half Iron</b> -	1.2 mi. swim, 56mi. bike, 13.1mi. run
<b>Ironman distance</b> –	2.4mi. Swim, 112 mi. bike, 26.2 mi. run
<b>Xterra</b>	OFF ROAD Triathlon with mountain bike and trail run

### DUATHLON:

Typically a run, bike or run, bike, run event. But an event with 2 disciplines.

<b>Super Sprint</b> -	1mi. run, 6mi. bike, 1 mi. run
<b>Sprint</b> -	5k run, 20k bike, 5k run
<b>Classic</b> -	10k run, 60k bike, 10k run
<b>Powerman</b> -	20k run, 120k bike, 30k run

### ROAD RUN:

This is a run event conducted on streets, sidewalks or paved paths. Typical distances in our events are:

<b>1 mile</b>	5280 feet
<b>5k</b>	3.1 miles
<b>8k</b>	4.8 miles
<b>10k</b>	6.2 miles
<b>half marathon</b>	13.1 miles (21k)
<b>marathon</b>	26.2 miles (42k)
<b>ultra marathon</b>	any distance longer than the standard marathon distance

### TRAIL RUN:

Trail runs tend to be of the challenging type due to the varying terrain and un-predictable nature of a trail. This will consist of rocks, roots, debris like fallen trees, deep erosion ruts, steep incline and declines as well as all types of conditions like mud or sand. This can change literally over night with a hard rain or snow a trail can go from fast to slow. A trail shoe is recommended as they will have more support and more traction for these conditions. Also trail runs tend to not have aid stations at exact miles as it can be a challenge in getting equipment to a location as well as support crew. You must pay EXTRA attention when doing any trail or cross country run as the course markings can be a bit tricky with the sun/shade from trees, if it is poor conditions, etc. So extra attention while on the course and before the event to the course maps should be given.

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### **CROSS-COUNTRY RUN:**

A cross-country run is completely different than a trail run. It can be of the same type but typical cross country runs will have stretches through groomed fields, or just a groomed trail can be considered a cross country run course. These typically are of the faster variety vs a true trail run. For that reason cross-country shoes are different in that they will typically have small spikes and less support due to the groomed nature of the course.

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### **AQUATHON:**

Aquathon events consist of a swim and either a bike or run. Typically they are swim/bike events and have become quite popular over the years with many countries fielding Teams competing for World Championships. The USA Triathlon body is also the governing body of that sport in addition to duathlon and triathlon of course. So one day license fees apply to those as well. Every one of our events have the Aquathon option as it has become popular as well for athletes with a nagging running injury or cannot run altogether. So the course will typically be the sprint swim and bike, following the bike the athlete will simply cross the run out timing matts for the finish. So there is no running over to a finish line as that is what most are trying to avoid is running. Start time for the Aquathon will typically be with your age group starting wave. Unless there happens to be an abundance of athletes registered for the aquathon then we may have its own wave.

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### **SWIM/RUN:**

One of the best ways to improve in triathlon without question. A swim – run is a competitive event with a varying swim distance followed by a varying run distance. These are great as it gives you multiple disciplines to practice. Your overall swim, a swim start, or finish, then the transition from swim to run you can practice getting out of your wetsuit, getting in and out of transition as fast as possible trying different techniques. Then of course running, these are great events to do fartleks or speed sessions. They are typically short so you can pick the intensity level. But for veterans and new folks to multi-sport the swim/run events are truly one of the best training tools you can use to get more comfortable in a triathlon setting.

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