

TEAM 100% TRI – NOVICE TEAM

RACE DAY WHAT TO EXPECT



REGISTRATION

- Check the opening times of registration on Facebook / email
- Arrive in plenty of time to register before the start
- Bring your BTF card / ID
- Bring your race entry confirmation
- Issued swim hat /registered
- Now set up in transition

TRANSITION SET UP

- Choose a location to rack your bike
- Place the bike as directed on racking
- Place your running kit so it does not impede others
- Set up your area – Bike Shoes/Trainers, Shorts, T-shirts, Helmet, Glasses, Drinks etc.....
- Walk through of Transition – Where is the Swim in, Bike in/out, Run in/out. What rack you are on?
- Do not touch other athletes equipment or mark your area
- Listen to race brief carefully

THE SWIM (400M)

- Make sure that you have your, swim suit / trisuit hat and goggles all on at the ready.
- You will be called forward before your start time – be ready to go.
- You will receive a countdown
- **NO** diving it is very shallow just slide in.
- 400m
- At the end climb out and move to T1
- Pace yourself – don't start too fast

TRANSITION (T1)

- Helmet on and fastened before removing bike from racking.
- Shoes on or on the bike?
- Push your bike until you reach the “Mount line” where there will be a Marshall.
- Get on the bike past the mount line

BIKE SECTION (15 MILES)

- The bike leg is approx. 15 miles long It has few turns and little traffic but the roads are open to traffic so be aware of other road users – safety first.
- Before taking the bike from racking pop your helmet on and secure. Roll the bike along beside you – control it by handle bars
- Get on the bike at the mount line
- The bike loop: Woodhall, toward Horncastle, Southery and back – mostly quiet roads a couple of right hand turns
- Get off at the Dismount line when back

DRAFTING

- Drafting is not allowed on the bike. The Draft Zone is an imaginary rectangle that surrounds every athlete whilst on the bike. Usually under BTF regs this is around 7m – 10m in length and 3m width
- If you wish to overtake the athlete in front you have 30 seconds to make the manoeuvre, if successful the other athlete must drop back, if you are not successful you must drop back before trying again.
- No earphones with Ipod's/MP3's/Personal Stereos allowed whilst riding

TRANSITION (T2)

- Dismount from the bike BEFORE the line
- **DO NOT** ride your bike into the transition area
- Keep helmet on until you rack your bike
- Trainers on and straight out on the run

THE RUN (5KM)

- The route is a square turning left, left, left and left around Woodhall Spa – basically along Green Lane curving around to the main road from Kirkstead Bridge and back up to Jubilee Park – a rectangular run with a few roads to cross but super simple, flat and fast
- Check the “run in” before the race start it is not exactly the the same as “bike in” we don’t want to miss the finish line!
- Run all the way to the finish line and smile!!

THE GOOD BIT – FINISH

THE FINISH LINE

- Sprint to the Finish Line – No Excuses !!!
- SMILE for the camera
- Congratulate other racers and thank volunteers, marshals and event staff – they worked hard too!

AFTER YOUR RACE

- Collect your kit from transition asap.
- Take your own rubbish with you.
- Come see us and tell us about your race
- Go home and tell everyone how awesome you are now you are TRIATHLETE

Any Questions?

Contact www.100tri.uk