



UNDER THE ARCH :)

RPT

RACE PRODUCTION BY TRUDY :)

MAY 2022



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THIS MONTH'S NOTABLE ITEMS:

- Event Logistics
- Upcoming Calendar
- Feedback Wanted

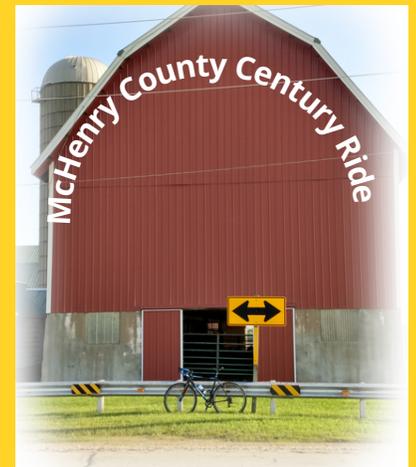
RACE LOGISTICS / EVENT DETAILS

Read, learn, and ask questions

Each event has general 'logistics' required so you get to experience it. Things like getting to the right location, parking in the right areas, locating packet pick up, finding the restrooms and making it to the start line is crucial to your success. Returning to the same race year after year is easy. But a new race makes it more challenging.

Before you "think" you know how the race/event works - make sure you actually read the event details on the registration page or website BEFORE event morning. Also, make sure you're on the correct website. There might be an address to look up, map to figure out, or a race cut off time. The event team painstakingly makes sure the event details are accurate and described correctly. (PLEASE READ THEM!)

As a race participant myself, I make sure I understand the logistics of every event I do. (i.e. Escape from Alcatraz). However, there have been times that a GPS doesn't work, a timeline has changed, or the weather has caused the race to be delayed. Keeping all the social media avenues open is also important when weather rolls up or there's a major change in the event (i.e. bike course cancelled due to rain). Sign up for the SMS text messaging so if things do change, you'll receive a text with the update.



Sunday, May 29, 2022



Sunday, June 12, 2022

Event Details cont...

Being 'equipment' ready for your event/race is also important. Triathletes know that having an extra pair of goggles, inner tube, pump, socks and even wetsuit is important for the success of their race. Many events provide a checklist to assist you in preparation. Just because you've done over 50 triathlons, doesn't mean that first one of the season you shouldn't look at the checklist!

Athlete guides and spectator guides are also important. Have you ever tried to get around the Chicago Triathlon / Marathon as a spectator? Without a link to a map or paper map, it can be pretty daunting.

Bottom line - Be prepared and your race/event will go smoothly. Just like all the training you did to get to the starting line! I'll see ya there! *Trudy* :)

April Highlights



McHenry County Century Ride Water Bottles

Limited supply available!



Rudy Project Hats and Sunglasses Raffle items at upcoming event..

"T" Rudy Project Discounts on Glasses and helmets [HERE](#)

Results of Aprils' burning question:

What's your favorite post event food?

Banana's and Oranges

Trail Mix, hot pretzel (in the winter), iced cold water on hot days.

UPCOMING CALENDAR

Sunday, May 29

McHenry County Century Ride

Sunday, June 12

Fox Lake Sprint Triathlon

Sunday, June 26

McHenry County Patriot Run

5K

Sunday, August 7

Crystal Lake Aquathon

Saturday, August 13

Lake Michigan Open Water Swim for [ALS](#) Research

Sept 4, 2022

