

## **WHAT TO REMEMBER ON RACE DAY**

Know when, where and what you are supposed to be doing.

It's important that you read everything on the race web site which will save you a lot of time and worry on race day. Registration will be from 6:30 – 7:45 am on Sunday June 12, 2011. Race will begin at 8:00 am. All participants, spectators, and volunteers must park in the GM lot. **Directions to the GM Parking lot on Beekman Avenue, NOT Kingsland Point Park.** What time to be where and most importantly what the course is and Race regulations and USAT Rules. PLEASE READ athlete information.  
[.sleepyhollowpt.com/](http://.sleepyhollowpt.com/)

Night before the race

Lay out your transition on the floor at home which will ensure you have everything.

### **SWIM**

Swimwear ( you will probably wear to the race)

Swim Cap

Goggles ( I usually take 2 pairs)

Wetsuit

Towel

Body Glide ( for neck, legs etc)

### **BIKE**

The Bike itself!

Helmet

Bike Shorts

Jersey or Tri Top

Bike Shoes

Bike Gloves

Sun Glasses

Spare inner tube(s)

Tools

Pump or CO2 cartridge

Water bottles

### **RUN**

Running Shoes , Socks and Shorts

Race belt

Hat

### **OTHER**

Watch and HR Monitor

ID

USAT Card , Cash or Check for \$10 to USAT if you aren't a member.

Race Day Nutrition – Drinks, Gels, Salt Tablets etc.

Sunscreen

Toilet paper ( just in case)

Dry clothes

Large Plastic Garbage Bag – In case it rains it can act as a coat.

Get to the race early

Give yourself plenty of time to check in and set up your transition then you can relax and smile at others panicking.

## **Registration**

You will be coming from the GM Parking Lot and will see Registration

Show your ID and USAT and proceed to Registration. If you aren't a USAT member show your ID, Pay \$10, Sign a Waiver and move on to Registration. You will receive a race packet and inside will be. Race Number for Helmet, Bike and Race Shirt.

You will also receive a Race Chip which you will put on your ankle. If a Relay, it will go on the ankle of the Swimmer and be passed on at each stage. You will also have a wrist band which you MUST have on to enter and exit Transition. Once that is done you will be given your Shirt and Goodie Bag.

Next is Body Marking and your race number will be marked on both arms, the back of your hand and your age will be marked on your calf. Then proceed to Transition.

## **Transition Etiquette**

There isn't usually much room in Transition area so please don't set up camp with Coolers, Chairs etc. It will get in the way of both you and other competitors. All you need is your towel laid out with enough room for your bike shoes, socks, run shoes and nutrition. Nice and simple.

Also, do not interfere with anybody else's equipment. If their bike is in the way or in the wrong place, ask them to move it or ask an official to.

## **Transition Set Up**

**Rack bike ( in the right spot)**

**Place Towel next to bike**

**Place bike shoes at front of towel and run shoes behind with tongues open**

**Place Socks in bike shoes**

**Place Race number belt on bike or run shoes**

**Place Helmet on handle bars**

**Place Sun Glasses in helmet**

**Place race shirt ( with number on?) over helmet.**

**Check Nutrition is on the bike.**

**Reset Bike Computer**

**Check the bike is in a low gear to exit.**

**Step back and mentally run through your transition.**

## **Pre Race**

Walk through the transitions from Swim to Bike exit and Bike to run exit. Look where your bike is, count which row it is on or located next to a tree. Stretch, Relax and if you can have a warm up swim do it. Smile, and have a Great Race !

**Keep Tri-ing and NEVER DNF!**

Ray Kelly