



## WHAT TO EXPECT IN YOUR FIRST TRIATHLON

### The days leading up to Mighty Mujer Triathlon

- Check the Race El Paso website for packet pickup information. At packet pickup, you'll receive everything you need for the race (maps, bike number, run bib, swim cap and more!). When you go to packet pickup, don't forget to bring photo ID!!
- Take a few minutes to review everything in your packet, including maps, rules and other info.
- Pack your tri stuff: SWIM (bathing suit, goggles, cap), BIKE (make sure tires have air, air pump, water bottle, repair kit, bike gloves, shorts, shirt, helmet (cannot compete without this), bike shoes, socks, RUN (running shoes, race belt); other (sunscreen, hat, sun glasses, towel). Affix the bike number to your bike (seat tube or top tube) to speed up bike check in on race morning.
- Eat a healthy dinner, and set your alarm clock to get up in the early hours of the a.m. and go to bed early!

### Race Morning

- Check your bike to see if the air is still in your tires. If not, change your tire.
- Eat a healthy and simple breakfast.
- Arrive **at least an hour** before the race begins. The transition area opens at 6am, and you'll need time to check in and set up.

### Upon arrival at the Race site

- Go to the transition area for BODY MARKING, SAFETY CHECKS (helmet required, working breaks). Wait until AFTER you're bodymarked to put on sunscreen so the numbers don't rub off!
- Rack your bike and set up your area. Lay your towel next to your bike but be sure it doesn't overlap your neighbor's space. Neatly place the following things on your towel: bike shoes, sneakers, hat, sunglasses and anything else you might need for the bike and run. Place your bike helmet on your towel or on top of your handle bars. Do not buckle it or you will have problems unbuckling it when you get out of the water.
- Remember, NO spectators are allowed in the transition area. You can be disqualified!
- Pin the number to the shirt you will be wearing for run OR use a race belt and attach your number to the race belt.
- Make sure that everything you need is on your towel and organized so that you don't have to fish through your bag during the race. Put the things that you don't need in your bag to cut down on the confusion.
- Pick up your timing chip and strap it to your LEFT ankle. If you have any questions, ask a volunteer for help.
- Go to the bathroom.
- Enjoy the people around you. Triathletes are great people!!!

### Triathlon Swim

- Line up in order of your race number and pay attention to the people entering the water before you. You'll enter the water feet first when you cross the timing mat at the start of the swim. Pay attention to volunteers so that you're ready to go.
- GO!!!! Have fun! Most people work so hard they miss the fun of the event!
- Swim to the right of the lane, and pass on the left. Be courteous to other swimmers and allow them to pass if they're swimming faster than you.
- Everyone panics the first time. You will too...and then you will get over it and finish the race. Remember, relaxed muscles float much better than tense muscles!

- If you get tired, take a minute to rest at the next wall, and then continue swimming after you have rested. If you're resting at the wall, give other athletes space to get around you and pass! Do your best and keep going!!
- If you feel like you have not trained properly for the race and cannot continue OR you get hurt, wave your arms and make a lot of noise so that a lifeguard can help you to pull out of the race.

## Swim to Bike Transition (T1)

- Walk/jog to the transition area and find your bike. You may feel a bit disoriented. That's OK! Keep going!
- Take off your goggles and cap and place them on your towel.
- DO NOT GO INTO THE RESTROOM TO CHANGE; put your gear on over your swimsuit or trisuit. Put on your t-shirt/tank top with your bib number on it. Or use a race belt and snap it around your waist before you leave transition.
- Put on your socks and clip-in cycling shoes or running sneakers. Put on your helmet and make sure it's fastened. Put on your sun glasses.
- Make sure that your water bottle is on your bike.
- Walk/Jog your bike to the bike mount area.

## Part Two: Triathlon Bike

- Stay to the right and pass on the left. **\*\*IF YOU ARE NOT PASSING ANYONE, YOU MUST RIDE ON THE RIGHT SIDE OF THE LANE!!\*\***
- Be careful and aware of road surfaces.
- Let bikers know when you plan to pass them. (Yell, "ON YOUR LEFT!!")
- Drink some of your water throughout the course.
- Do not draft or you will be disqualified or penalized. Drafting is when you ride too close to the person in front of you and you gain an advantage from them. It is dangerous and against the rules.
- When you are approaching the end of the bike course, slow down as you approach the bike dismount area.

## Bike to Run Transition (T2)

- Jog/walk bike inside the transition area to your bike spot. It is illegal to ride your bike inside the transition area.
- Take off your helmet.
- Put your bike on the rack in the correct spot. Put on your running shoes if you don't already have them on.

## Part Three: Triathlon Run

- GO!! Your legs will feel like jelly. Everyone's legs feel like jelly! It will pass.
- Cheer people on as they pass you or you pass them. Have fun!
- Be careful and aware of road surfaces.
- Pass other runners on the outside.
- Drink water at stations. Thank all the friendly volunteers!
- Remember, the finish line is where the timing mat is -- not anywhere before that! Finish the race hard so you know that you did your best to the very end.

## After the Race

- DRINK LOTS OF WATER. Check out the post-race food for athletes in the expo area and grab a snack!
- Pick up your finisher gift and check out the great vendors in the athlete expo!
- Be courteous to other athletes and pay attention to volunteers in the transition area for information on where and when to check your bike out of transition. Remember that others may still be racing! Be considerate and stay out of the way of other athletes when removing your bike and gear from transition.
- Freshen up in the locker room. Or wear your body marking with pride all day!
- Reward yourself with a great healthy meal and smile at the fact that you completed your first triathlon!!