



Tri-Greenville Pre-Race Clinic  
WELCOME!  
Please note we will record this webinar.



# Tri-Greenville Pre-Race Clinic May 23, 2023

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Photos: Jamie McNinch Photography

# Introductions

## Jessica



- Mid to Back-of-the-Packer
- Events: Sprint/Oly (?), Half-Iron (2), Ironman (2)
- Second tri was an Ironman because of a bet with my brother

Find me in transition on race day!

## Eron



Photo: Norice Rasmussen

- Age grouper: 55 - 59
- Tri Events: Mini-Sprints (4), Sprints (8), Duathlon (1)
- Started competing in triathlons in my 40s
- First tri was on my mountain bike with road tires

Find me breathing hard but feeling accomplished (hopefully) after the race!

# Please introduce yourself in the Chat.

Is this your first Tri?

What question(s) would you like answered tonight?



# Clinic Topics

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Introductions

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Before the Race

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Race Morning Logistics

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Setting up Your Transition Area

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What to Do While Waiting to Start

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Swim

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Transition 1

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Bike

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Transition 2

---

Run

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What to do After the Race

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What To Do Now

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Etiquette Tips



# What to Wear

- Race morning is cold – bring warm clothes
- Race Kit
- Clothes for after the race
- Sunscreen
- A smile :)













# Packet Pick up

## Friday

- 4-7pm
- Greenville Area Recreation & Community Center

## Race Day

- 6-7am
- Transition



## RACE-DAY TRIATHLON CHECKLIST

### TRIBAG/OTHER

- ☐ Photo ID/license
- ☐ Race address/directions/map
- ☐ Race packet
- ☐ Bike tire pump
- ☐ Transition bag/seat/bucket
- ☐ Plastic/leak bag (keep stuff dry)
- ☐ Race belt/pins (pin number to run shirt)
- ☐ Bug spray
- ☐ Sunscreen
- ☐ Watch/Garmin
- ☐ Sandals
- ☐ Race event/number tattoos

### SWIM

- ☐ Swimsuit/Tri suit
- ☐ Chip on ankle
- ☐ Wetsuit
- ☐ Swim goggles (recommend new pair and extra pair)
- ☐ Towel (supplies to rinse feet)

### BIKE

- ☐ Bike (race number on bike)
- ☐ Helmet (race number on helmet)
- ☐ Water bottle w/water (spray off sand)
- ☐ Bike Shoes (w/powder)
- ☐ Sunglasses
- ☐ ID (to be safe, make sure you have yours along)
- ☐ Water Bottle
- ☐ Nutrition (tape Gu to bike)
- ☐ Spare Tube, CO2, and Tire Changing Supplies

### RUN

- ☐ Shoes
- ☐ Socks (have an extra pair)
- ☐ Shirt or belt w/race number

### AFTER RACE

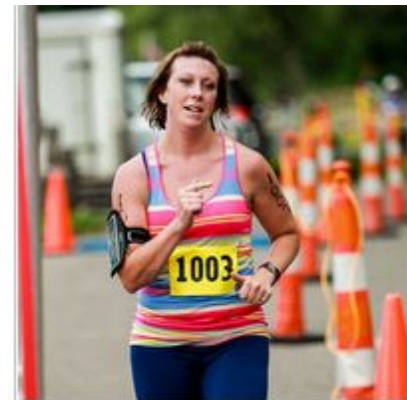
- ☐ Nutrition
- ☐ Phone (leave in car or keep in Ziplock bag transition bag)
- ☐ Change of clothes (soap/shampoo)
- ☐ Outerwear (stay dry/warm)
- ☐ First aid kit

# Eron's Checklist

(Word document, laminated)



# Before the Race

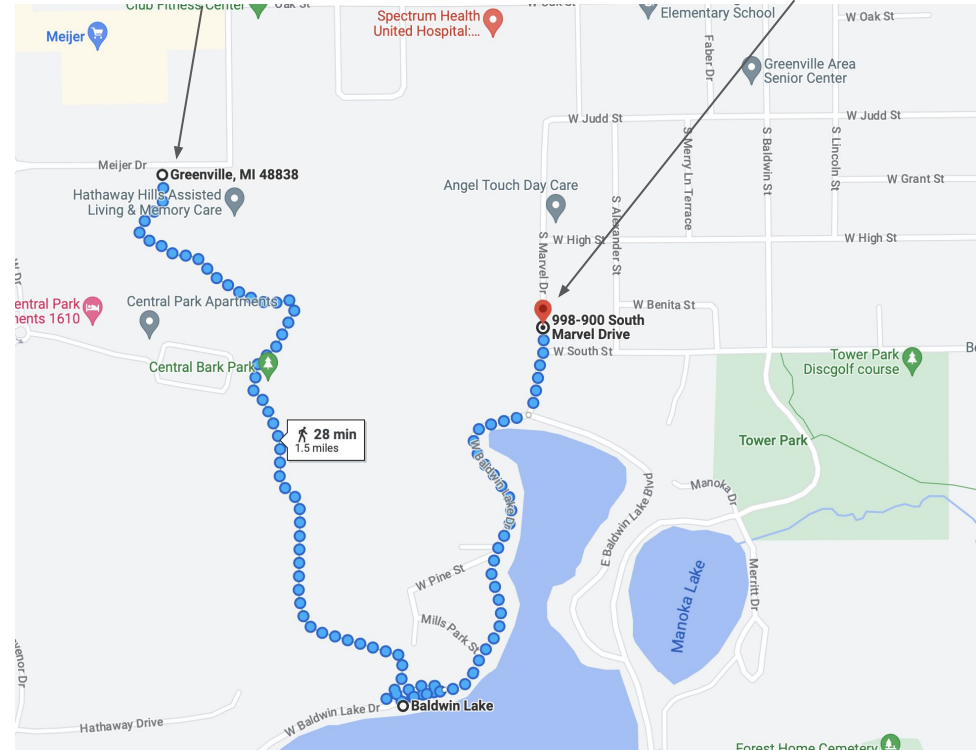


# Race Morning Logistics

- Transition opens at 6:00
- Parking at 2 locations
  - 10-20 minute walk to transition
- Transition area is restricted to athletes
  - wrist band is required for entry
- Body Markings – find a volunteer in transition (or bring a marker to DIY)
- Transition closes at 7:45

**Maplewood Dr.**  
Early Departure  
1 mile

**Marvel Dr.**  
Shuttle Service  
½ mile







# Setting up Your Transition Area

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- Pumps will be available - check tires
- Set bike on rack
- Pick a visual reminder for bike location
- Count how many racks from swim exit
- Lay out equipment in the order you will use it
- Be respectful of others around you
- Tips:
  - Extra bottle with water to spray sand off feet
  - Plastic bag for shoes if raining



# Example Transition Set-up



<https://www.tatraceseeries.com/tat-race-tips-and-advice.html> photo:



<https://www.wenzelcoaching.com/blog/the-art-of-triathlon-transitions/>



# What to Do Before The Start

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- Mentally walk through the whole race
  - Swim start, race, exit
  - Transition 1
  - Bike exit, race, entrance (clip out)
  - Transition 2
  - Run exit, race, finish!
- Physically walk through entrances and exits
  - Count racks or have a visual clue to find bike rack/transition area
- Warm up (run or swim)
- Get into the water before the swim (splash water, swim a few minutes)



# Swim

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- Start with your assigned wave or opt to start after the last wave for a calmer environment
- Wetsuit legal (buoyancy!)
- Stop and rest at Kayaks
- Raise a hand to call for assistance from kayak or boat, it will not end your race
- Buoys - Stay wide and keep on the outside
- Tips
  - Pause to collect yourself, most people do
  - Backstroke, Doggy Paddle
  - Pull Buoy







# Swim to Bike Transition (T1)

- Helmet on and clipped
- Walk or run bike until you cross mount line
- Tips
  - Practice mounting and dismounting
  - Start with bike in easy gear





# Bike



## Course Hazards

Steep hill with 90-degree turn at end of course  
M57 traffic, stay in bike lane



## Repair Kit Tips

- CO or Pump
- Tube
- Tire Spoon



Headphones are not allowed on bike for safety reasons



# Bike to Run Transition (T2)

- Re-rack bike
- Put on race number bib if needed
- Change Shoes if needed







## Run

- Flat course with one small hill
- Stay to the right



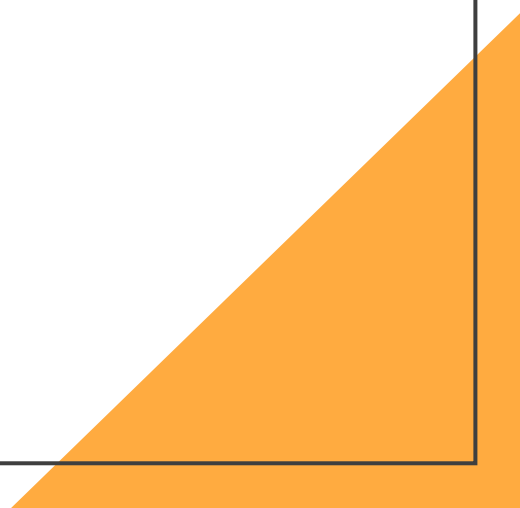
# What to Do After the Race! Whew!

- Awards after the last finisher of the adult race (or mailed)
- Refuel!
- Recover!
- Celebrate!



# Encouragement!

## Your Race, Your Pace!

- Create mantras for each component of the race
  - Pre-plan strategies
    - If ... happens, I will ....
  - Have fun, encourage others, find friends on the course
  - Practice victory pose
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- A large orange triangle is positioned in the bottom right corner of the slide, pointing towards the top right.

# Practice Your Power Pose!

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# What to Do Now

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- Preview course
- Practice on the course (or parts of it)
- Practice in your race attire
- Practice running with your bike
- Practice transitions
- Practice mounts/dismounts
- Do bricks (swim to bike, bike to run)
- Visualize your race, hills, transitions, finish

IMPORTANT: No changes on race day  
(equipment, hydration, nutrition, attire)



# Etiquette

- Stay to the right unless passing including transition entry/exits
- Keep area clean (aid station cups)
- Restrooms located at the beach



# Youth Triathlon



- Packet Pickup on race day at transition 6-10am
- Start time 11:30 am
- One adult companion may accompany each athlete in transition
  - Wristband required for both athlete and companion
- The swim is shallow, most athletes are able to stand at all times



# Tri Greenville Links and Resources

- [Greenville Triathlon website](#)
- [Event Day Checklist](#)
- [Rules](#)
- [TriGreenville Training Tips](#)



# Additional Tips and Resource Links

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## **Sprint Triathlon Training Plans and Overview**

- [Triathlete's Guide to Your First Triathlon \(plans, swim, gear, fuel, etc.\)](#)
- [Training Tips \(Greenville Triathlon Training Plan and Tips\)](#)
- [8-Week Sprint Triathlon Training Plan for Beginners \(Triathlete\)](#)
- [Georgia Taylor-Brown's Top Speed Tips for the Sprint-Distance Triathlon \(and link to training plan\)](#)

## **First Sprint Triathlon**

- [First Sprint Triathlon Beginner Tips: 10 Things That Will Make You Better](#)
- [Beginner Triathlon Training Tips: Help for New Triathletes](#)
- [10 Things YOu Need to Know Before Your First Triathlon](#)

## **Transition Set-up**

- [Setting Up and Operating Your Transition Area: A How To Video for Beginner Triathletes](#)
- [How to Organize Your Triathlon Transition Set Up: Step by Step Guide](#)

## **Wetsuits**

- [How to Put on A Wetsuit: A Step by Step Guide](#)
- [How to Get A Wetsuit on Faster and Easier](#)





# Questions?

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