



## What to expect – the *MissSprint* and Rugby Open Sprint Triathlon

Triathlon is an exciting multi-discipline sport involving a continuous race over various distances in the three disciplines of swimming, cycling and running.

Competitors race against the clock, which starts as they enter the swim and stops as they cross the finish line after the run. This means **no-one comes last** as you are only racing yourself against the clock.

### What are the distances of each discipline?

- ❖ Novice sprint - 200m/20km/2.5km – MissSprint only
- ❖ Sprint distance - 400m/20km/5km – MissSprint and Rugby open sprint

A 200m swim is 8 lengths of Bilton Grange Pool, and the 400m swim is 16 lengths.

**The swim** is in a pool lane. You **can swim any stroke** but you will need to time or estimate your swim time in order to enter. If you don't, you will either spend a lot of time trying to pass or being passed by your fellow competitors. Slower swimmers generally start nearer the beginning of the event than faster swimmers. You will be in a lane with up to five other swimmers.

Overtaking is only allowed at the end of a lane. If the swimmer behind you taps your feet, stop at the end of the lane and let them pass.

There are usually lane counters who will indicate when you have two lengths left.

**The Cycle** is 20km or 12 miles. You need to have a **roadworthy** bike that is suitable for riding on roads and you must wear a helmet. You will not be allowed to race if you do not wear one.

The Bike course is **safety checked** before the race, and there are no Right turns. There will be marshals at different points around the course and lots of signs!

**The Run** is 2.5km or 1.6 miles for the Novice sprint, and 5 km or 3.1 miles for the Sprint distance. The entire run at Bilton Grange is on grass.

### Transition

The transition is the point in the race when competitors change from swimming to cycling, and from cycling to running. Transition is outside, so you run from the pool to the transition area in your swimsuit or trisuit and get ready for your cycle. As you finish the cycle, you come back into transition to rack your bike and go off on the run. You run in your swim gear with other clothes on top if you wish, so you will be wet, but you really won't notice!

### Top Tip

When changing kit in transition, be quick but don't be too hasty. If you rush you can get into a mess and end up taking more time getting changed than is necessary. The best piece of advice about putting gear on is 'less haste, more speed', meaning don't rush too much or you will get in a real mess and end up spending more time getting changed.

Take your kit into transition in a box or bag; lay out what you need during the race where your bike is racked. Lay out everything you need on a towel near your bike

Talc is a good idea to help get wet feet into socks / trainers!



### **What happens before the event?**

Your start time will be on the race website three days before the race. If you miss your start time on race day, you miss the race. You will need to register on the day, or the day before. Registration times will be in your event information.

Familiarise yourself with the layout of Bilton Grange at registration. Rugby Tri Club members will answer any questions you may have, and give you a bag with your race T shirt, race number and other items.

You will be marked with your race number on your arm and leg in waterproof ink at registration. Do not wash this off prior to the race, it allows the time keepers and marshals to track your time and identify you.

Please ensure that you are fit to compete, and not suffering from any illness or injury. **Use the Rugby Tri club training plan, “from couch potato to finish line in 6 weeks” available on the Rugby Tri Club website!** If you want more guidance on preparing for the race, come and see us on our main club training night (Tuesday 7 pm at Rugby School swimming pool). We have fully qualified Triathlon coaches that can guide you through training to race day.

Make sure that you are well nourished and hydrated. A night out before with a pub crawl and a curry is not a good idea!

### **Top Tips**

Use a number belt for your race number, or make sure you have plenty of safety pins to pin your number on to the T shirt or vest you will be cycling / running in *before you start*. Leave this in transition.

Carrying fluid is a good idea, make sure you have a water bottle as the cycle is normally the best time to take on board fluid and nutrition depending on the length of the race; if you don't have a bottle cage on your bike, leave it in transition.

**Turn up at least 45 minutes before your start time.** This gives you time to rack your bike in transition and lay out your kit. Make sure your supporters know where to stand to cheer you on!

### **What do I Wear?**

You don't need to spend bundles of cash on all the latest tri gear. A few of the basics are all you need. It couldn't be simpler...

You may like to wear a Trisuit, which is an all in one suit that you can wear for the entire race. If you are planning to race more frequently, it's worth investing in one. Otherwise, a swimsuit with T shirt and shorts added on top in transition after the swim should be fine. Remember that you will need to run so a sports bra under your swimming costume or Trisuit is essential for ladies!

### **Swim – what should I wear?**

- ❖ A sports type swimming costume or Trisuit, no bikinis or skimpy swimsuits.
- ❖ Goggles
- ❖ A swim hat is provided, you must wear it or you can't race.

If you wear prescription glasses, the race organizer may arrange for you to put them on a table on poolside, or will allow a race official to pass them to you as you exit the swim. If possible, put a small sticker with your race number on the side of your glasses. Many triathletes race in contact lenses, but it's vital that you are confident that your goggles don't leak!



**Cycle – what should I wear?**

- ❖ Cycle Helmet
- ❖ Clothes that you might wish to put on over your swimsuit e.g. T shirt and shorts
- ❖ Extra padding in the saddle area is desirable!

It is also a good idea to wear clear glasses on the bike to protect your eyes from grit, flies and other debris.

**Run – what should I wear?**

- ❖ Running Shoes or trainers you have worn before and are comfortable in.

**And finally..... Enjoy it!**

All of us at Rugby Tri have all been there, and for most of us it wasn't that long ago....

If you want advice on the best 'first-time' race, how to cope with transition and how to race safely, see the club website, or contact **Sue Wyatt on 07970 114667** or **Garry Haynes on 07867 555668, or through the contact email on the website.**