TOP 10 EVENT DAY TIPS

Your triathlon is where all your hard work and training comes together and we want you to enjoy the event, so here are 10 tips to keep in mind for the day:

1. **Lay out your race kit and pack your bag a couple of days before race day:**
   make a list if that helps you avoid a last-minute panic and having to get things you've forgotten.
2. **Collect your race pack the day before the event:**
   if you live close enough to the event venue, it's a good idea to pop along the day before to register and collect your race pack. Importantly, it also gives you a chance to familiarise yourself with the set-up and surroundings so you feel more comfortable on the morning of the event. You may even be able to walk through the transition routes between the water, bike and run exits.
3. **Breakfast:**
   plan your race day timings and breakfast well in advance as you will eat much earlier than normal. Consider trying this before an early training session so you know how you feel exercising afterwards.
4. **Arrive early:**
   event traffic and local parking restrictions on race day can mean it takes longer than expected to get to and inside the venue, so give yourself plenty of time to avoid rushing and feeling stressed. If you are riding your bike, remember you will need lights and if you are driving, plan to park as close as possible and then ride to the event site.
5. **Rack your bike:**
   once you are checked in, rack your bike and leave it in a light gear to make it easier to set off riding after your swim.
6. **The transition area:**
   lay your kit out in your transition area space by your bike and look around for visual location cues to help prevent you getting lost in transition! Using a bright towel that you are familiar with can you help spot your kit & bike during the event. Another top tip is having an extra bottle of water to rinse excess sand off your feet before you put your runners on if you have had to run on sand after the swim to get to transition.
7. **Walk through transition:**
   take time to familiarise yourself by walking through the lay-out of the route from the water to the transition area, note the bike exit and entry gates, plus the run exit...which you will run through without your bike helmet on!
8. **Race briefing:**
   make sure you know what time the pre-race briefing is and get to the water start area in time to listen to it. The race referee will brief all competitors prior to the first wave of swimmers starting.
9. **Don't try anything new on race day:**
   just don't be tempted! Use your regular goggles, bike kit and runners that you have trained in during the program so that nothing feels unusual! Stick to your plan too as you know your personal goals and may have discussed them during the program... so stick to your guns!
10. **No matter what happens, make sure you enjoy the event and have fun!**