

Got The Nerve? Race Logistics

- **Race Attire**
 - **No changing tent & no nudity** – either choose an outfit that can be worn for all three events or an under layer suitable for changes (i.e. compression shorts & sports bra)
 - It is not recommended that you wear new garments. You don't want to risk being uncomfortable or chaffing.
 - If you haven't run or rode without socks -- don't try it on race day.
- **Pre-race**
 - **Pack your gear the night before and check it – twice.**

<input type="checkbox"/> Driver's License <input type="checkbox"/> Race Number <input type="checkbox"/> Safety pins or # belt <input type="checkbox"/> Goggles <input type="checkbox"/> Wetsuit <input type="checkbox"/> Glide (for wetsuit) <input type="checkbox"/> Towel <input type="checkbox"/> Tri-suit <input type="checkbox"/> Swim suit <input type="checkbox"/> Clothes to wear post-race	<input type="checkbox"/> Wrist watch <input type="checkbox"/> Heart rate monitor <input type="checkbox"/> Bike <input type="checkbox"/> Helmet <input type="checkbox"/> Gloves* <input type="checkbox"/> Water bottles <input type="checkbox"/> Socks <input type="checkbox"/> Bike shoes <input type="checkbox"/> Sneakers <input type="checkbox"/> Flip-flops	<input type="checkbox"/> Hat <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Water <input type="checkbox"/> Sports drink <input type="checkbox"/> Nutrition <input type="checkbox"/> Grease cleaner <input type="checkbox"/> Map/directions to event <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
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- Arrive early. Registration & body marking get busy at 7:00 a.m. If you arrive earlier you will avoid waiting in line and have plenty of time for set up.
- Don't apply sunscreen or body glide until you've had your body marked.
- Follow the routine of eating what you ate the mornings you trained.
- Practice your transitions at least once during training.
- **Preparing your Transition Area**
 - Racks are assigned by bib number.
 - Rack your bike in the designated spot. Bikes must be racked.
 - **Think through your transition.** Layout your items so everything is easy to get to and you won't forget something. Practice this. You want to be quick but not frazzled.
 - All of your items need to be contained in the area occupied by your bike.
 - **Suggestion:** Lay a light colored towel under your bike with all of your items.
 - Pay close attention to where you've racked your bike and spot it from both transition area openings.
 - Transition area closes at 8:00 am.
- **There are port-a-pots on site.** Don't wait until the last minute – there will be a line.
- **Listen** to pre-race announcements in the transition area 8:00 am.
- **Hydration & Nutrition**
 - It is important that you stay well hydrated. In addition to water consider bringing a sports drink with you.
 - If you plan on doing a gel/beans/blocks think through where you will put it, how you will open it and how you will dispose of the wrapper.
 - If you have a sensitive stomach and have not eaten a gel during training you may not want to try it during the race. Some people experience stomach issues.

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- **Race Number: You must wear you race numbers for the bike & run.**
 - You will want to pin it to your shirt prior to the race.
 - You can wear it on your shirt under your wetsuit, pin it to the shirt or shorts that you put on after the swim or use a race belt.

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- **The Race**
 - **Swim**
 - **Gear**
 - Goggles – wear them under your cap so they don't come off
 - **You must wear race supplied cap** which you will receive at registration (may wear your own cap under race cap)
 - You may wear a wetsuit. You can apply lube to your wrists, ankle and the front of the suit to make it easier to take off. You can use petroleum jelly but will want to rinse your wetsuit well after the race so it doesn't harm your suit.
 - Swimming in a wetsuit changes your buoyancy and range of motion so swim in the suit prior to the race.
 - Practice taking your wetsuit off before the race.
 - **NO** flippers, flotation, snorkels or assistive devices
 - Acclimate yourself to the water. Average water temperature high 60s
 - Gates to the lake open at 7:45 am.
 - The swim starts in waves of approximately 60 people. You will be assigned a wave and must start with your designated wave.
 - When the wave prior to yours leaves you will be moved into the “starting box.” You will start standing in shallow water.
 - You must swim around the outside of the buoys.
 - If you are nervous about the swim or aren't a strong swimmer start in the back of the pack or on the outside of the pack.
 - If you choose to start in the front of the pack be prepared to be swam over, kicked and elbowed.
 - Swimmers from the next wave may catch up to you and pass you. The best way to avoid this “wave” of swimmers is to swim 10' wide of the turn buoys.
 - Focus on staying relaxed.
 - You can use any stroke.
 - Look up frequently to make sure you're on course. Do not rely on the person in front of you.
 - The rules allow for you to touch the bottom but you may not advance yourself using the bottom.
 - If you need assistance hold your arms over your head.
 - There is no place to leave shoes on shore and the rules do not permit assistance from spectators.

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- **Transition #1**
 - Don't sprint to the transition area. Again, focus on staying relaxed.
 - Remove your cap and unzip your wetsuit in route to the Transition Area.
 - You can not receive help removing your wetsuit.
 - **Wipe your feet.** You may bring a small pan of water to rinse your feet.
 - You will be wet which will make getting dressed harder – especially socks.
 - Be courteous to other participants and don't block the lanes while you change.
 - **You must have your helmet on & fastened before you leave the transition area**
 - **Do Not mount your bike in the transition area!!!!!!!!!!!!!!!!!!!!!!**
 - Do a mental check before you leave the transition area. Once you leave you can not re-enter.
- **Bike (ensure you put issued bib# on bike. Your bib# and bike# must match to leave transition area at the end of the race)**
 - **Gear**
 - Helmet
 - Gloves
 - Sunglasses
 - Bike shoes or sneakers
 - Socks
 - Filled water bottle(s)
 - **Hydration:** Get hydrated during the ride.
 - **Common Courtesies**
 - Stay right unless you are passing.
 - If you are passing someone loudly announce “passing left” as you approach them.
 - Your pass should be completed in 15 seconds.
 - Do not ride side-by-side. This is dangerous, against the rules and impedes other riders.
 - If you need a rest be sure to get yourself & your bike off of the road.
 - Thank the volunteers who make this possible.
 - **No Drafting**
 - The drafting zone: picture a box around each rider that extends from their front tire to 3 bike-lengths behind their rear tire and is 15 feet wide.
 - **If you are passing** you have 10 seconds to get through this zone
 - **If you are passed** it is your responsibility to get out of the drafting zone of the rider who has passed you
 - **Helmet:** Your helmet must be on and fastened for the entire ride.
 - **Never cross the Yellow line**
 - **This is not a closed course.** Be aware of traffic.
 - **Obey traffic laws.**

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- **Prepare to dismount:**
 - For the last 1-2 miles you will want to spin your legs to prepare for the run. You don't have to ride slow, just don't crank in big ring, instead do higher reps in a lower gear. Some riders find that pedaling backwards helps loosen their legs.
 - **Obey the “Slow Down” and “Dismount” signs**
 - Dismount before entering the transition area.
 - If you're wearing bike shoes be aware that they will slide on the macadam so be prepared when you dismount.
 - Once you dismount get out of the way quickly.

- **Transition #2**
 - Your legs will be tight and unsteady – this is normal
 - Re-rack your bike in the same place and place your belongings within your area.
 - Be courteous to other participants and don't block the lane
 - Again, stay relaxed.
 - **Suggestion:** Have an extra bottle of water to pour on yourself if it's hot

- **Run**
 - **The run & bike exits are different.**
 - **Hydration:** Take advantage of the hydration stations. Squeeze the cup so you don't get water up your nose.
 - If you're not comfortable drinking while you run pass the station, stop on the right shoulder to drink. Get out of the path of runners who are trying to get to the hydration station and continue running.
 - **Running Courtesies**
 - Like biking, stay right except to pass
 - This course is an “out & back” so don't cross the “center line” of the course.
 - Don't block the hydration stations
 - **Finish**
 - Smile for the camera at the finish line.
 - Run through the finish line & walk to chip removal
 - Don't block the path of other finishers
 - Hydrate
 - Medics are located near the finish line. If you don't feel well ask for assistance.
 - Be mindful that others are still competing. When you return to the Transition Area others may still be transitioning to the run.
 - *Celebrate your accomplishment!*
 - Fruit and water will be available in the registration tent after the race.

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- **Other Stuff**
 - **Water:** Don't expect water for your bottles to be supplied. Bring anything you need for the race with you.
 - **Race Day Questions:**
 - Volunteers will be wearing yellow shirts if you have questions.
 - **Be prepared**
 - **Triathlons are individual sports.** This means that you can not accept assistance and continue the race.
 - **Don't litter:** Please don't leave behind water bottles, gel wrappers, fruit peels, etc ... on the course or in the transition. Someone else has to clean up your mess.
 - **Spectators:** Your spectators are your responsibility.
 - **Absolutely no spectators are allowed in the transition area.** Spectators who cross the orange fencing will be asked to leave.
 - **Make sure your spectators don't get in the way of another competitor having their best rest.**
 - **Photos** are available for purchase and will be posted online after the race.
 - **Common Reasons for Disqualification**
 - Swimming inside the course
 - Passing inside the buoy
 - Crossing the yellow line anywhere during the race
 - Being on your bike in the transition area
 - Being on you bike without your helmet on and fastened
 - Unsportsmanlike like conduct

Got the Nerve Site Review

- **Swim**
 - You will gather on the beach by wave.
 - Waves staggered by 3 minutes – your wave # is on your bib
 - When the wave before you takes off you will move into the starting box and can stand in the water
 - Course is a triangle with left hand turns
- **Bike**
 - Rack bike by race #
 - Exit through “bike out”-- Stay right
 - Do not mount in transition area
 - Water station right outside transition area
 - Course
 - Marshals at all turns
 - Sag Wagon on course
 - This is not a closed course – watch for traffic
 - Entering transition area on the way in slow down at the Entrance – Stay right
 - Obey Dismount Signs
 - **Penalties for crossing yellow line and not dismounting! – This is a safety issue.**
- **Run**
 - Exit stay left
 - Water station at turnaround
 - Run through the finish line then walk to chip removal.