

## Frequently Asked Questions

Pre & Race Day Questions	Answers
How should I train?	Joining a triathlon club is the best way to train – you will meet like minded people and have a supportive environment regardless of your ability level. Click <a href="#">here</a> for a full list of NSW clubs.
How should I prepare for the race?	The best way to prepare for a race is to gradually increase your training time and intensity until you are doing at least the distances of each individual part of the race, if not a bit more. Then you can start linking them together, eg swim/runs or bike/runs.
Are there any training programs available?	A basic training program is available <a href="#">here</a> . Your local triathlon club could also help, or recommend a coach.
How can I find a club to join?	Click <a href="#">here</a> for a full list of NSW clubs. Click <a href="#">here</a> for a map showing where the clubs are located.
How can I find a coach?	Click <a href="#">here</a> for a list of affiliated coaches in NSW. You can also ask your local triathlon club.
How do I learn to ride a bike/swim?	Your local triathlon club or local swimming pool will be able to advise you on where to get beginner lessons. Don't put it off – plenty of adults learn these skills later in life.
Swimming training	There are adult learn to swim and stroke correction classes at most local swimming pools. Do not be nervous about asking for lessons – it will help you out so much!
Nutrition? Diet? Pre and during race.	Drink plenty of water in the days leading up to the race. Have your regular breakfast on race day. It is normally not necessary to increase your regular calorie intake in any way for shorter races. You might choose to have a muesli bar or banana during the bike part of the race. You should also have a water bottle on the bike with either water or Gatorade in it. On the run course there are drink stations with cups of water.
What happens when I get there on race day?	All this information will be written in the race briefing information emailed to you one week prior to the race. You will need to register, attach your race number on your bike, helmet and clothing, take your bike into transition and get everything ready.
How early should I arrive on race day?	Give yourself plenty of time – it always takes longer than you think and it's best to avoid last minute panics by having plenty of time to check everything twice and go to the loo twice! To ensure a stress free time give yourself at least one hour prior to your event start to get ready.
How do we collect our race packs?	Usually on the morning of the race there will be signs directing you to the area you will need to register and collect your race pack. Please bring photo ID to collect your pack.
Are there lockers? Bag and bike safety?	There are no lockers but there is a bag drop area you can leave your stuff. We recommend not bringing any valuables. Your bike will be safe in the transition area before and after the race – you cannot remove your bike without your race number – it will be checked as you exit. You cannot leave any bags in the transition area – just what you need for the race.
What happens if it rains?	Most races will still go ahead if it is raining but please ensure that you are careful out on course as it will be slippery and you need to be mindful that it will be easier to have an accident – go slower.

Will my family and friends be able to see me when I am participating?	Yes most courses are set up so that your supporters will be able to see you regularly. They can then cheer on their heroes as they swim/ride and run their way to the finish line.
Where will the first-aid stations be located?	Medical service tents are usually located near the finish line at every event. If at any time you require medical assistance please seek out a volunteer or go straight to the medical tent.
Where will the drink stations be?	Drink stations will be located on the run where you will be provided with water. At the completion of the run course a recovery area can be found which will have water and electrolyte drink and sometimes fruit.
Injuries and their management on race day	Consider carefully if you have been ill or injured prior to the race – it is not worth making yourself worse by competing. You are allowed to walk if you can't run for any reason.
Do I have insurance during the event?	Yes, you must purchase either a One Day or Annual Membership with Triathlon Australia to be covered. Click <a href="#">here</a> to read more about the insurance cover. We recommend that all participants take out adequate personal medical insurance.
<b>Equipment &amp; Clothing Questions</b>	<b>Answers</b>
Do I need a wetsuit for doing triathlons?	If the water temperature is below 24 degrees then it is optional to wear a wetsuit. The water temp is measured on the morning of the race. However if the races are very short distances and most people are beginners, hardly anyone wears one. If you plan to do other races then it is something you could consider for the future.
Where can I buy a wetsuit?	It depends where you live. In the Sydney area there's a couple of good shops – Aqua Shop in Gordon &
What do I wear?	Click <a href="#">here</a> for ideas. Anything made from lycra is good! A trisuit is a tight fitted all-in-one outfit that you can swim & run in too. You can wear a sports bra underneath it. For your first race, most people wear a sports bra or crop top under their swimmers with lycra tights over the top and maybe add a t-shirt/singlet when they get out of the swim. It's important to be comfortable and to practice in your chosen outfit.
How do I get changed?	There are no changing rooms in transition. You should plan your outfit so that you add layers rather than remove them – for example if you swim in a swimsuit, you simply add shorts and a t-shirt over the top – you do not remove your swimmers.
Can I wear socks?	Sure! You can wear whatever you like, although most people do it as fast as they can! You can dry your feet, put on socks and even eat or drink something. Comfort is important – no-one wants blisters 😊
Where do I buy triathlon clothing from?	Rebel Sport has a range of options and prices. You can also buy gear online – try <a href="#">Skirt Sports</a> or other online retail stores. For sports bras try brands like Moving Comfort, Burlei and Triumph (they are worth spending money on for a good one). For shoes, we recommend getting properly fitted at a specialty running shoe store.
What do I need?	Check out the event day checklist <a href="#">here</a> . Make sure you check off all these things over the weeks leading up to race weekend and that you bring them with you. If you forget something, don't panic – just tell the announcer as lots of people have spares of things.
What kind of bike/equipment do I need?	You can ride any kind of bike – you don't need anything fancy to get started. Just be sure it is in good working order by getting a service prior to the race & have your tyres pumped up. It must have gears and brakes.
Can I wear/use kickboard, floaties, flippers or any buoyancy device?	You cannot use any type of flotation device or flippers. This is against the rules.

Swim Questions	Answers
Can I do any type of swimming stroke?	Yes you can...we encourage all strokes as long as they are safe and do not impede on any other athlete's progress.
Is there sand at the Regatta Centre?	No, you enter the water from a pontoon & the race starts once everyone in your wave is in the water, and you exit up a ramp that is covered with a mat. So you have no sand or dirt until you run into the transition area which is a bitumen car park.
How does the swim start?	Sometimes it starts on the beach/land and you run in, and sometimes you have a 'deep water' start, which means everyone is in the water waiting and then you go on the signal.
How deep is the water for the swim leg?	The depth varies but you cannot touch the ground for the majority of the race. There will be water safety if you feel you need assistance at any stage. At the Regatta Centre you will never be more than 10 or 20metres away from the shore. Other races vary depending on the location.
Swim wave starts and size of each wave.	The swim starting groups are determined by age group 'waves'. There is usually around 50 starting at a time (depending on the race size), and waves will be spaced a few minutes apart. The exact time of your wave start will be written in the race briefing information.
Bike Questions	Answers
What sort of bike can I use?	Any type of bike is fine. The most used bikes are road bikes although others use mountain bikes, some use hybrids. The most important thing is that your bike is safe and has working brakes on both the front and back wheels.
Do I have to wear a helmet?	Yes you are required to wear a helmet at all times whilst riding a bike. Please ensure that your helmet meets Australian standards and has a working strap.
Can I ride with training wheels?	Training wheels on bikes are permitted for some kids events but not in adult events.
Do I have to wear shoes whilst riding my bike?	Yes your feet have to be covered by a shoe. Open toed shoes such as thongs, sandals or bare feet are not permitted.
Where can I buy a bike?	Ask your local bike shop – they are good to start a friendship with. You can also check websites like Bike Exchange, Gumtree, and Facebook page communities like Bicycle Market & Triathlon Marketplace.
Bike check in and safety	As you take your bike into the transition area before the race there will be Technical Officials who will check your helmet is on safely and that your bike is safe – they won't do a full check, just an observation. Please ensure you get your bike serviced the week before the race, have your tyres pumped up properly and remove anything unnecessary like lights, baskets, panniers etc.
Draft legal races	You must always be more than 7 metres behind the rider in front unless you are overtaking. There is no drafting allowed in amateur races. Drafting is when you are immediately behind another bike rider – it makes it easier as you have less wind resistance. Only pros can race like this.
Bike riding etiquette	Always stay to the left of the bike course to allow others to overtake on the right. Never 'undertake' on the left. Call out 'passing on your right' as you go past someone. Then move immediately to the left of the course again until you need to pass someone else.

Can I share my bike with another competitor?	No you cannot. Each athlete must have their own bike. This is to ensure that no bikes are stolen and there are not people in transition trying to change bikes whilst others are trying to participate in their event. Logistically, it wouldn't work as everyone is on the road more or less at the same time.
When can I get my bike after I have finished?	You will usually be able to access your bike immediately after the last participant is out on the run course.
If I have an accident will my bike be covered by insurance?	No, your bike will not be covered by insurance unless you take out a specific bike insurance with a company such as <a href="#">BikeSure</a> .
<b>Run Questions</b>	<b>Answers</b>
Am I allowed to walk in the race?	Yes, you can walk, lots of people do. But if you pace yourself and take it steady, you will be able to run the whole way. If you're injured, and can only walk, that is fine.
Tips on pacing during the event.	To understand about pacing you need to have practiced and worked out how fast and long you can comfortably go for. During the race, the best thing to do is start slower than you think you should! And try not to be too 'puffed' right from the start – a good indicator is if you can talk a bit – then you're ok!
Am I allowed to listen to my iPod/music during the run or ride?	No – iPods are not permitted in any part of the race. This is due to safety factors of not being able to hear instructions from race officials and volunteers, as well as out of consideration for other athletes. You may be disqualified from the race. Soak up the atmosphere and listen to the crowd instead!
<b>Transitions Questions</b>	<b>Answers</b>
Can we have someone with us in transition?	No – Only competitors can enter the transition area at any time. The only exception is paratriathletes who have 'handlers' and guides to assist them in transition.
What is transition?	Transition is the area where your bike will stay and where you keep your running gear. This is the central area of the event where you will go to after each stage of your event. You will have access to transition before event start so you can set your area up. Sometimes the place you need to set up is identified by your race number or wave number, and sometimes you can set up anywhere.
How to best set up in transition for a smooth transition.	Have everything ready to go, facing the right way already – eg helmet upside down; shirt face down, socks on shoes ready to quickly put on. Elastic laces are a good help for getting shoes on fast. Have a bright coloured towel so you can recognise your spot easily. Know where you've left your bike and what direction you have to go.
How do transitions actually happen?	There is usually a short run/walk from the water's edge into the transition area (a fenced off area containing all the bikes). It will be clearly signposted but you should do a practice 'walk through' before the race so you can find your bike easily – it can be confusing with so many bikes! Put on socks/shorts/shirt if you need to as quickly as you can. You will then be directed out with your bike (helmet on, not riding your bike). After you've finished the bike course, you enter transition again and walk your bike back to the same spot. Do not remove your helmet until after you've racked your bike again. You put your joggers on and a cap etc and then you then head out (following signs) for the run part of the race and the glory of the finish line!

Transition rules...	You must put your helmet on & clip it up before you take your bike off the rack. You must not ride your bike in transition – just push it along. You need to keep all your belonging confined to your area – just next to your bike to avoid hazards for other competitors. You must enter and exit transition whatever way the signs indicate.
<b>During &amp; Post Race Questions</b>	<b>Answers</b>
What roads will be closed?	Usually all roads in a event are closed to traffic. Vehicles are not permitted to operate on the bike or run courses. But sometimes this is not the case or the roads are shared. Read the race briefing information carefully and listen to the instructions to be aware what the situation will be.
Do I get a medal?	At some races you will be given some kind of reward (medal/towel/t-shirt) when you cross the finish line – check each race’s event website to find out.
How do I know if someone is a volunteer?	Volunteers are usually identified in a brightly coloured t-shirt. They will assist you during the day so if you have any questions please find a volunteer and they will assist you with your issue.
How is the race timed?	On race morning every competitor will be given a timing chip in their race pack which is worn on a Velcro band around your left ankle. The timing is computerised. The timing chip will be taken off you after you cross the finish line.
How do I find out my time/results after the race?	Soon after the event the organisers will post the results link on the event website where you can view how you and your friends went. The most common timing company is <a href="#">Multisport Australia</a> but some races have their own timing systems.
How long does a race take? What are the average race times?	To get an idea of how long a certain distance race takes for the average person, you can look up past results <a href="#">here</a> .

If your question is not answered here, please [email us](#) and ask us and we will add it to the list! There are no stupid questions! If you are wondering, then someone else probably is too 😊