



Team Magic Duathlon Event Beginner Participant Notes

Greetings from Team Magic! If you are registered for one of our races in the Beginner Category, you must have raced in three or less multisport events. If you are unsure if you are registered in the proper category, please notify us immediately so we can make necessary changes. We are glad you have decided to give "our" sport a try. It is one of the most rewarding sports you will find...and you can participate as long as you are able! The following are tips for participating in your first (or second or third) race.

YOUR CATEGORY: Always be sure you are registered in the BEGINNER category before the race starts! You can check the online participant listing and check your race number label and registration list at packet pick up.

There will be a pre-race meeting for beginners. The meeting location will be announced over the PA System and/or listed in your race materials. Normally this meeting is held in the Race Transition / Main Staging Area. We will cover some basic tips and answer any of your questions. You are encouraged to come out to registration the day before the race to attend the meeting and to get a feel for the race site and ask us any questions. If you do not make it the day before, please attend **the meeting on race morning!** Also, please review information on the event web page and your pre-race detail email.

USA Triathlon (USAT) is the governing body for this sport. They provide the rules that keep us in line. Since we are sanctioned by USAT, they provide our insurance for athletes that are members of USAT. Participants that are not members must pay a one-day insurance fee. If you are interested in becoming a member, ask someone at registration or call 719-597-9090. They will explain the benefits of being a member and will sign you up if you are interested.

WHAT TO WEAR

You will see quite a variety of attire at the race, but in general the following will be most popular: Even though this is a duathlon, some men wear Speedo type swim suits and women wear a two piece or one piece "active wear" swim suit. More common now, men and women wear "tri-shorts" that have a very thin bike pad for less bulk when running. Participants usually wear a "cool max" type sleeveless top or "tri-jersey" that has special pockets for energy gels or other food. Many racers wear a "race number belt." Your race number must be worn when you cross the finish line, so most people have it pinned on their racing shirt or a race number belt that easily snaps around your waist.

If you can avoid cotton clothing, do it. It absorbs water and sweat and gets heavy. A "cool max" type top will wick moisture and keep you cool if you wet it with your water bottle or at a water station. Most participants **do not** change clothes. It really is not necessary. "Performance" clothing and race belts should be found at a local multi-sport, running, or biking shop.

In Birmingham, try the [Bike Link of Birmingham](#), [Bob's Bikes](#), [Cahaba Cycles](#), or [Homewood Cycle and Fitness](#), The Trak Shak... or check out the multisport specific booths at the expo. In Nashville, visit Team Magic's multisport sponsor for all Team Magic events, [ACME Multisports](#). You should also pick up some lace locks or elastic laces for your shoes while you are there. They will keep your shoes from coming untied when you run and will make them easier to put on after the bike. **The bottom line is to do what feels comfortable.** Hopefully, the above tips will help!

GENERAL TIPS

RACE NUMBER

You will get anywhere from one to three paper or adhesive race numbers with your packet. All of the numbers should be the same!

Bib Number:

The larger paper number is usually called your bib number. This number **MUST** be on your body when you finish the race. It can be worn attaching it to your racing top or shorts with safety pins & it must be on the front. You can also attach it to a race number belt, which can be worn with the number in the back or the front, and can easily be turned from back to front. We need your race number facing forward at the finish so the race announcer can identify you, as well as the race photographer.

Helmet Number:

This number will be a small adhesive number to be placed on the front of your biking helmet. This helps race officials and the race photographer identify you.

Bike Frame Number:

This number will be an adhesive number with the number printed twice so it can be read from both sides of your bike. Again, this helps race officials and the race photographer identify you. This is also a backup security measure for race officials to check when you retrieve your bike from transition.

MORE TIPS

- In the weeks leading up to your event mentally and physically practice your transition from your run to bike and bike to run.
 - Be sure to get body marked. You should have your race number marked on both arms and legs and your category (designated with a "B" on your left leg.)
 - Drink plenty of fluids before, during, and after the race.
 - **ASK QUESTIONS! ANY AND ALL QUESTIONS ARE ENCOURAGED....TEAM MAGIC AND OTHER VOLUNTEERS ARE HERE TO HELP YOU.**
 - You may need something to sit on in the transition area, like a towel, a bucket, or a milk crate. A bucket or milk crate can also be used to carry equipment. At minimum, have a towel there to wipe your feet.
 - Notice who the sponsors are for this race and thank them any time you can. Without them, this race would not be possible. We need them for the sport to survive.
 - Your bike will be secure in the transition area. Our officials will be guarding the entrances. When you arrive in the transition area, look for a bike rack with your race number range. You can rack your bike anywhere on this rack.
 - Brick workouts are a great way to rid you of rubber legs.
- **MOST IMPORTANTLY, HAVE FUN!**

BIKING TIPS

1. Know the course. Try to drive the course or ride some of it the day before. Note how you exit the transition area and where all turns are on the course.

2. You need to note areas requiring extra caution, like intersections or narrow roads. A special note should be taken on turns where the bike has the stop sign but the cars do not. We will have police and volunteers on the course, but ultimately the responsibility is yours to look for oncoming traffic.

3. Always stay to the right side of the road, unless you are passing. Read your [USA Triathlon Most Commonly Violated Rules link provided in your pre-race email!](#) **Not staying to the right is called blocking and you will get a penalty.**

Our courses are monitored by motorcycles called **Draft Marshalls**.

BIKING TIPS

4. NEVER DRAFT!! This is also in the list of most commonly violated rules. The zone is approximately three bike lengths. If you are this close to someone, you must pass or drop back. There is a distinct advantage to you if you draft someone else, and this is against our rules.
5. KNOW the Transition area, particularly the bike entrance and exit and where your spot is on the racks.
6. Always buckle your helmet before mounting your bike.
7. Have your equipment laying out in your transition spot so it is easy to get to. Put your items in the order that you will need them, such as helmet first, shirt, bike shoes or running shoes, sunglasses, etc...
8. Fill up your water bottles, reset your computer, and pump your tires the morning of the race. If you inflate your tires the night before, they might lose air.
9. If possible, test ride your bike before the race. Leave your bike in an easy gear so you can spin when you leave the transition area after the run. This will help loosen your muscles from the run.
10. Drink plenty of fluid while on the bike, especially water. Powerade type products are optional. Test your body during training to see what fluids work best for you.
11. Upon returning from the bike course, rack your bike (in your rack location), and then remove your helmet!

RUN TIPS

1. Know the course. Try to jog or ride the run course on your bike. Know where the run start is, where you exit from the transition area, and the finish line. Also read course instructions telling you if you should stay to your left or right.
2. Have your running shoes, socks, etc... lying out so they will be easy to put on.
3. You may want to have water at your transition spot to drink before you head out on the run (remember **No Glass in Transition!**) There will be water on the course...always take it!
4. You may want to use lace locks or cord locks for your shoe laces. This helps keep your shoes from coming untied and makes it easier to put them on. You can find cord locks at a sporting goods or back packing store.
5. A hat, sunglasses, and a performance tank top will keep you cooler on the run. Wet the hat and top at water stations.

EVENT TIMING

We use electronic timing chips, body marking, helmet numbers, bike frame numbers, and bib numbers to insure we keep track of you during the race and provide you accurate race results.

Send us your ideas! *If you have any ideas that would be helpful for other beginners from things you have learned at other races, from other people, or at this race, please call, write, or fax us. We want to make the race enjoyable for everyone. Best of Luck and most importantly - Have Fun!!*

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