



www.team-magic.com **Team Magic 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 triathlons. We are glad you have decided to give triathlon a try, as we feel like it is one of the most rewarding sports you will find.

Race Weekend

We encourage you to come to registration the day before the race, familiarize yourself with the race site and ask lots of questions. **Please note that we always hold a pre-race day meeting for Beginners before each triathlon.** The meeting location will be announced over the PA system and/or in your race materials. Typically this meeting includes a detailed race flow and is held in the race transition area or main staging area. We will cover basic tips and answer any of your questions. If you do not make it the day before, make sure you are there for the meeting on race day. This meeting is brief, is held 30 minutes before the start of the race in the transition area and will provide you with the general race flow. Last but not least, please review the race information booklet, sent to you via email the week of the race and available in your race packet. You will find great course information that will make your experience go much more smoothly.

USA Triathlon is the governing body for the sport of triathlon. They provide the rules that keep us in line. USA Triathlon provides insurance for athletes that are members of USA Triathlon. Participants that are not members must pay a one-day insurance fee. To learn the benefits of membership ask someone at registration, call USAT at 719.597.9090 or go to <http://www.usatriathlon.org>. If you are planning on participating in at least three events, you should consider joining.

What to Wear

Racers wear a variety of clothing, including, multisport one-piece triathlon suits and "tri-shorts" that are bike shorts with a smaller bike pad. The smaller pad is preferred in the swim and run portions. Men also wear Speedo type swimsuits and women wear two-piece or one-piece "active wear" swimsuits. If you choose to wear swim attire, we recommend having a "cool max" type sleeveless top or "race number belt" to put on after the swim to hold your race number. Your race number must be worn when you cross the finish line, so most people have it pinned to their racing shirt or snapped to a race number belt and around their waste. While many think it's not comfortable to bike in a swimsuit...for sprint distances, especially, you should give it a try. If you have been riding your bike at least 3 times per week for 3 weeks, your fanny should be "conditioned," even if you do all of your riding in bike shorts. We suggest biking one day before the race in your swimsuit to make sure. **Other things to consider:** We recommend a "cool max" type top over cotton. "Cool max" type material will wick moisture and keep you cool if you wet it with your water bottle or at a water station. Cotton absorbs water and sweat and gets heavy. Most participants **do not** change clothes. It really is not necessary. Some do put running shorts or biking shorts on after the swim. Keep in mind that this can be difficult and slow when trying to put on over a wet body. **Places to get multi-sport gear and apparel:** "Cool Max" clothing and race belts can be found at a local multi-sport, running, or biking shop. You should also pick up some lace locks or elastic laces for your shoes while you are there. It will keep them from coming untied when you run and will make them easier to put on after the bike or swim. Hopefully, the above tips will help. **The bottom line is, do what feels comfortable!**

Tips for Pool Swim Races

Pool swim races are a bit easier to navigate than open water swims. See race notes for specific swim course design or special circumstances for each race.

1. You will enter the pool in a "3 to 15 second interval start" fashion. Participants line up by race number (beginning with the lowest number to the highest.)
2. Your race number is assigned based on the estimated swim time you provided when you registered for the event.
3. On race day, you can choose to line up at the end if you prefer – just tell a member of the Team Magic staff that you are moving to the back.
4. No forward movement is allowed for the swim start line up – if the swim time you entered when you registered improves before race day, you can go into the online registration system to edit your swim time or contact aces@team-magic.com. CHANGES CAN BE MADE THROUGH WEDNESDAY NIGHT BEFORE THE RACE DAY.
5. One person at a time enters the pool & begins swimming when given the start command "GO."
6. Swim down the first lane, touch the wall, go under the lane rope, swim down that lane, and continue the same process until you exit the pool.
7. You will enter the pool by estimated swim time. If someone taps your foot - they may need to pass you or they could be drafting — which is legal in the swim. If the tap happens near your next lane, please stop at the wall and let them go under the lane rope before you. More information about safely passing in the swim will be given at the beginners meeting the day before the race and on the pool deck race morning. When you exit the pool, volunteers will direct you to the transition area where you will begin the bike segment of the race.

Tips for Open Water Swim Races

Know the course. Look over the course the day before or race morning. Your course will be marked with buoys. See race notes for specific swim course design for each race.

1. Find location of swim exit and where you run from the water to the transition area.
2. Take note where your bike is in the transition area and where on the bike rack. Look for clues on how to locate your designated transition/bike space (which row number, landmarks.)
3. The course will be marked with buoys. Notice the number of buoys and where to turn. Refer to each race on how to swim around the buoys (on your left or right side.)
4. Check for prominent landmarks, buildings that stand out, the swim finish area, being parallel to land, etc. These items will help you stay on course and stay in the straightest line possible.
5. Practice swimming straight. A good test in the pool is to swim about 10 to 15 yards with your eyes closed. *Make sure you open them again long before you come to the edge of the pool.*
6. Unless advised differently in the specific race notes, stay as close to the buoys as possible. This keeps you on line and forces you to swim the shortest distance possible...why swim more than you have to?
7. Clear your goggles before you start the race by spitting in your goggles before you get them wet and rinsing them...this will truly help prevent fogging. Even if they are anti-fog goggles you probably need to do this.
8. Learn to breath and look forward in a quick manner that does not interrupt your stroke pattern. You need to be able to look forward to stay on course.
9. Do not be afraid to stop and get your bearings. Stopping to look up, getting your bearings and maybe even cleaning your goggles can save you from swimming too far. You will lose more time swimming off course than you will by stopping to check your course markings.
10. Stay calm and confident and the swim will pass quickly and with ease. If you need to do the sidestroke or the backstroke to relax and get control of your breathing, do it!
11. If you get into trouble, tread water and pump your arm so the rescue people can see you.

12. Team Magic does provide a swim cap for all open-water swim triathlons and you are required to wear it for safety and visibility reasons. A different color cap is available for swimmers that want some extra attention from the swim course safety team. Please ask the packet pick up staff to trade your swim cap if you would like the different color distinction.

Tips for Biking

1. Know the course. Try to drive the course or ride some of it the day before.
2. Note areas requiring extra caution, like intersections or narrow roads. A special note should be taken on turns and intersections where the bike has a stop sign but the cars do not.
3. We will have police and volunteers on the course, but ultimately the responsibility is yours to look for oncoming traffic.
4. **PLEASE ALWAYS SHOW EXTRA CAUTION ON TURNAROUNDS.**
5. Read your USA Triathlon Most Commonly Violated Rules provided on the race web site with your pre-race information email.
6. Always stay to the right side of the road, unless you are passing. Not staying to the right is called blocking and you will get a penalty when caught.
7. All Team Magic courses are monitored by Draft Marshalls on motorcycles.
8. **NEVER DRAFT ANOTHER BIKE.** This is also in the list of most commonly violated rules. There must be approximately three bike lengths between bikes. 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.
9. **KNOW** the Transition area, particularly the bike entrance and exit and where your bike is racked. You will rack your bike based on the race number assigned at packet pick up. Team Magic bike racks are designed to hold 7 bikes per “section” – so look for your race number – it will be grouped with 6 other numbers. You do not have to rack **IN ORDER** in that section – just be sure to rack in that section.
10. Always buckle your helmet before mounting your bike. You will be penalized if not buckled.
11. Have your equipment lying 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.
12. Fill up your water bottles, reset your computer, and pump up your tires the morning of the race. If you inflate your tires the night before, they might lose air.
13. 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 swim. This will help loosen your muscles from the swim.
14. It is important to drink plenty of fluid while on the bike, especially water. Powerade, Hammer Nutrition products like HEED, or other energy drinks are optional for shorter races, and advised for longer events. Test your body during training to see what fluids work best for you.
15. When you return from the bike course, rack your bike first (in your assigned rack location), and then remove your helmet!

Tips for the Run

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.
2. Have your running shoes, socks, sunglasses, etc... lying out so they will be easy to put on.
3. Be sure to read the race notes for directions on “staying to your left or right” on each run course. If we ask you to stay in a certain direction, it is for a reason – usually to maintain a steady race flow with no “head to head” running or crossover between runners.
4. 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!

5. You may want to use lace locks or cord locks for your shoelaces. This helps keep your shoes from coming untied and makes it easier to put them on. You can find cord locks at sporting goods or back packing stores.
6. A hat, sunglasses, and a technical/moisture wicking type tank top will keep you cooler on the run. Wet the hat and top at water stations, with water, NOT energy drinks! STICKY!!

General Tips

RACE NUMBERS

You will get a set of race numbers with the race information you receive at race packet pick up. There will be a set of body marking temporary tattoos, a bib number for your race clothing, a helmet number, a bike number, a wristband, and swim cap number if applicable. All of these numbers should match and be worn during the race. This is how we track you throughout the race, in and out of the race transition area / staging area, in and out of the post-race food area, and this helps the race photographer identify you so you have the option of ordering post-race photos.

Bib Number:

We need your race number facing forward at the finish so the race announcer and race photographer can identify you.

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 that can be read from both sides. 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.

Swim Cap Number:

This number will be a small adhesive number to be placed on the upper side of your swim cap so it is visible both when you are lined up to start the swim and from the water while you are swimming.

Wrist Band:

The wristband identifies you as an official racer at all times: to get into the transition area, to remove your equipment from the transition area after the race, to enjoy post-race complimentary food and drink, and as a security measure while you are racing.

Body Marking Tattoos: You will receive TriTats tattoos that must be applied before you start the race. You will receive application and location instructions with your race packet.

AND... MORE TIPS

1. Always check your race registration information for accuracy – visit imAthlete.com prior to the Wednesday before race day – most important items to check are: race category, age, and gender.
2. Mentally and physically practice your transition from your swim to bike and bike to run.
3. Review your race number bib label for accuracy when you pick up your race packet
4. Your bike will be secure in the transition area. Our officials will be guarding the entrances.

5. Outside assistance is not allowed in the transition area. You can be disqualified if a friend or significant other is in there helping you.
6. Drink plenty of fluids before, during, and after the race.
7. **ASK QUESTIONS! ANY AND ALL QUESTIONS ARE ENCOURAGED. TEAM MAGIC AND OTHER VOLUNTEERS ARE HERE TO HELP YOU.**
8. 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. You may also want some water in your bucket to rinse your feet off after the swim. At minimum, have a towel there to wipe and/or dry your feet.
9. Notice who the sponsors are for this race and thank them any time you can. Without them, our races would not be possible. We need them for the sport to survive.
10. There are several great magazines out there with GREAT information. Check out *Triathlete Magazine*, *Inside Triathlon* or *USA Triathlon's Magazine*. They often feature articles for beginners and beginner training.
11. **MOST IMPORTANT...be safe and have fun!**



EVENT TIMING

All Team Magic events are timed with the latest timing technology, IPICO.

Each athlete is given a timing chip on a neoprene band to put on his or her left ankle. **DO NOT CUT OR TRIM THE CHIP BAND.**

The timing chip is programmed to coincide with your individual race number. Make sure the number written on the neoprene band matches your other racer numbers [ie, bib, helmet number, bike number]

As you cross over the timing mats, your unique ID is passed on to the decoder, which gives the "passing" a precise time stamp.

A computer is used to capture this data each time you pass over a timing mat.

Timing mats are arranged to give you individual event split times from the swim to the bike to the run.

LAST BUT NOT LEAST

We want to hear from you...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.

Remember, please read your [USA Triathlon Rules](#) and the race overview information provided in your race packet you will receive at registration. We hope you enjoy this experience.

Best of Luck and Have Fun!!

Therese Bynum, Faye Yates, & the rest of the Team Magic gang

www.team-magic.com races@team-magic.com