

## Siesta Key Triathlon Tips for Novice Triathletes

**Race Packet:** Photo I.D. must be shown at packet pick-up. USAT requires this. Two race numbers will be given out. One number is for bikes. Bike numbers go over the top tube, so the number is displayed on both sides. The other number is for you. Safety pins will be in race bags.

**Race Morning:** Athletes will get “body marking” of race number on arms and legs before being allowed into the transition area to set up your bike. Race numbers will be posted on the bike racks in the transition area. Bikes must be racked by alternating directions with the people next to you. Bike handlebars must have bar end plugs, or you will be disqualified. The race bike shop will have plugs. A small towel may be put on the ground by your bike for helmets, shoes, sunglasses, etc. Don't leave bags with bikes! Bags can be given to a friend, put in cars, or moved to the side of the transition area. You should memorize where your bike is, so you can easily find it when transitioning. You will pick up your timing chip. Chips wrap around the ankle and must be returned at the race conclusion. For relay teams, the chip is handed off to each teammate for their race segment. Athletes will be billed for missing chips. Athletes should listen to the announcer for any important information. **NOTE:** We will have an experienced triathlete in a bright green shirt answering questions (located next to timing chip pick-up).

**Swim:** You may use any stroke you want. If you need to rest, or if you feel overwhelmed you can move to the inside of the buoys and tread water. However, you should move back to the outside of the buoys before resuming forward motion. We will have certified lifeguards and kayakers for anyone needing help. At the swim start you need to stay to the left of the first yellow buoy (so the buoy is on your right side) and then stay to the right of all other yellow buoys (buoys are on your left side).

**Swim to Bike Transition:** Athletes must fasten helmet chin straps before leaving T1, or you will be disqualified. Bikes must be run/walked out of T1.

**Bike:** Always stay to the far right on the bike course! If you pass make sure you have room, move out to the left, and call out in a loud voice “ON YOUR LEFT”. NEVER PASS ON THE RIGHT. When the pass is completed moved back to the right side of the road. You can check the USAT Rules for the bike (no drafting, completing passes, what to do when you are passed, etc.) by clicking on USAT Rules posted on the race website. **Please read the Course details and review the bike map found on the Info page of the race website.**

**Bike to Run Transition:** Helmet chin straps must remain buckled until you are back inside the transition area.

**Run:** Headphones are not allowed (USAT rules). Water stations will be at two locations. The first station is at the run start. The second station is midway down the beach, so you can pass it twice. Walking during the run is allowed.