

# Youth Triathlon Clinic Information

A triathlon includes swimming, cycling, running, and transitions (T1 & T2). Some athletes will be very competitive, encourage your child to race at their own pace. The best thing you can do to prepare for the race is to practice all aspects of the race before race day. Review and ride/run the course. Practice transitions at home. Practice swimming, biking, and running in the outfit you plan to wear.

- Tri Lingo:**
- T1** - Transition 1 from swim to bike.
  - T2** - Transition 2 from bike to run.
  - Transition Area** - Where the bikes are kept on racks and where you leave all of your gear.
  - Race Bib** - The paper number that you must wear on the bike and run.
  - Tri Suit** - A 1 or 2 piece outfit designed to be worn for all three events.
  - Body Marking** - Your race # written in marker on your arm and leg so you can be identified in the swim.
  - Race Packet** - The packet you get that has your number, timing chip, and other important race info.

**Race Day Schedule** - It is recommended for athletes to wake up at least 2 hours before their start time. Athletes should eat about 45 minutes before their start time. Athletes should also warm up about 15 minutes before their start time. Easy jogging and dynamic stretches (taking body through ranges of motion that better prepare it for sporting activity).

**Nutrition** - It is important that your child eats properly on race day. If your child raced hard they could feel slightly nauseous at the end of the race. It is important to keep your child hydrated before and after the race. Proper hydration days prior to the event is key!

**Prerace** - Don't try anything new! Stick to what your child is used to. Avoid a lot of sugar and focus on carbs. Good pre-race breakfast items include toast, non-sugar cereal, or oatmeal, with fruit.

**During** - Your child will not need any food, gels, or other nutrition during the race. Just water or Gatorade!

**Postrace** - If your child feels nauseous avoid rich sweets for about an hour after the race and stick to easily digestible foods.

**Gear** - Be sure your child has practiced in the clothing they will wear for the race to avoid any issues with chafing. Most kids will be fine to do the entire race in their swimsuit. Some kids may find it more comfortable to bike and run in shorts over their swim suit. Your child will need either a race number belt or t-shirt with their number attached to it. It is recommended to NOT wear socks and use elastic laces in their shoes.

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|---|--|
| <input type="checkbox"/> Swimsuit (1 piece for girls, properly fitting shorts for boys) | <input type="checkbox"/> Helmet                                  |
| <input type="checkbox"/> Goggles & Swim Cap (optional)                                  | <input type="checkbox"/> Sunglasses (optional)                   |
| <input type="checkbox"/> 2 Towels (1 transition area, 1 for after race)                 | <input type="checkbox"/> Bike                                    |
| <input type="checkbox"/> Shirt with bib number or race belt with bib number             | <input type="checkbox"/> Water bottle                            |
| <input type="checkbox"/> Shorts (optional)  | <input type="checkbox"/> Running shoes (elastic laces recommend) |
| <input type="checkbox"/> Race packet  | <input type="checkbox"/> Hat (optional)                          |
| <input type="checkbox"/> Sunscreen  | <input type="checkbox"/> Pre/Post race sweats and shoes          |

**Swim Tips** - Be sure your child knows how many lengths they need to complete and practice before the race. Athletes are allowed to use any stroke while swimming. Goggles are recommended and a cap is recommended for kids with long hair. Avoid baggy swimsuits and 2 piece swimsuits. **REMINDER: Kids will have to switch lanes by swimming underneath the lane line. This is done to avoid kids swimming into each other.**

**Bike Tips** - Ride the course beforehand and look for any obstacles your child should be aware of such as potholes, or sharp turns. Also look for things that can help your child identify where they are on the course. Be sure that your child's bike is in good working order. Check brakes, tire pressure, and gears. If you have a girl remember to style their hair in a way that can easily fit under their helmet.

**Run Tips** - Run the course beforehand and look for any obstacles your child should be aware of. Also look for things that can help your child identify where they are on the course. If you are going to run without socks consider using baby powder in your shoes and practice running in your shoes without socks before race day.

**Transition Tips** - Pick a location that is easy for your child to locate when running in from the pool area. Use items such as a bright towel to help your child easily find their transition spot. On race day spend a moment to familiarize your child with the location of their transition area and entry and exit locations for both transitions. Before race day practice transitions with your child at home.