



**Ballarat
Triathlon
Club**



Beginners Tips and Basic Rules

Preparation Is Everything

Triathlon is three sports - swimming, riding and running, so before you reach race day it's a good idea to practice each discipline, until you feel confident you can make the distance.

Feeling shaky in a specific area? Invest some extra training time into that area. Is swimming your nemesis? Besides distance work, try practicing in crowded lanes to get comfortable with close quarters. New to cycling? Master maneuvering around cones, grabbing your water bottle smoothly on the move, and mastering clipping in and out of pedals (if using clipless shoes). Running lagging behind? Buddy up with a training partner or group, explore new routes, or add a weekly sprint session to keep things engaging. These targeted exercises can significantly boost your race day confidence.

Feeling nervous? Consider familiarizing yourself with the race course beforehand. You can find a map on the Ballarat Triathlon Club website www.ballarattriblue.com

Training

- Try some 'brick' sessions, ie. ride with a run immediately after. Or even a swim to bike session.
- As a beginner triathlete your goal should always be to "be able to train tomorrow". Don't push sessions too hard so that you dig yourself into a hole and can't train the next day.
- We are very fortunate to have a great range of local coaches and training groups with various specialties and experience levels, allowing you to find the perfect fit for your needs. Our website has a comprehensive list. We also have a number of club partners that offer discounts to club members.

Equipment

You don't have to have all the latest gear to get into triathlon.

To get started all you need is:

- Some bathers, a singlet and some shorts (optional)
- Some goggles
- A swim cap
- A towel x 2. 1 to stand on and 1 to dry off with
- A bike - of any description! road bike (preferred), mountain bike or hybrid.
- Bike shoes (if applicable) optional
- Helmet
- Wetsuit
- Running shoes
- Sunglasses (optional) & Hat
- Banana or lollies for before race start
- Water bottle/s
- Some warm clothes and spare thongs/crocs for before and after the race

Practice with your equipment prior to race day. Make sure your goggles don't leak or fog up, your bike is in working order and your shoes don't give you blisters.

Write yourself an equipment list and also a 'to-do' list for race morning. That way you won't forget things like your helmet, or to pump up your tyres.

Race Day Tips

Pre Race

Arrive early and register 30 minutes prior to start time. Check that your bike is in a comfortable gear and your tyres are pumped up. Set up your transition area at the racks. There will be a race briefing 5-10 minutes prior to race start.

Swim

- We encourage the use of WETSUITS, they are compulsory for any first timers under 18.
- Before the swim start, organise yourself within the start area faster swimmers should move to the front, and weaker swimmers or swimmers who are less confident should start at the back.
- You can hop in the water before the race starts to get acclimatised.
- Freestyle is the most common and advisable stroke most triathletes use, however any swim stroke (breaststroke, backstroke etc) is acceptable. If you begin with freestyle, but feel exhausted, changing to backstroke or breaststroke is fine. Review the swim map
- Any artificial propulsion device, e.g. fin, paddle or flotation device is prohibited.
- If you are in trouble, please put your hand up. We have water safety volunteers on kayaks

Transition 1 (T1)

Remove goggles and swim cap (this can be done on the run from the lake)

- Once at your transition area you want to quickly remove your wetsuit, put on some shorts and a singlet or t-shirt. Put on your runners (and socks if you think your shoes will rub) or bike shoes, helmet and sunglasses.
- DO NOT take your bike off the rack until you have your helmet secured on your head.
- Run or walk your bike to the mounting area, being careful of other competitors. DO NOT get on your bike until you are at the mounting line.

BTC MEMBERSHIPS FROM \$57

Every member will benefit:

- AusTri membership included in our club membership fee
- Access to member only Facebook group
 - access to order club uniform
 - discount entry to our events
- Discounts with all of our club partners
- Discount for 2x triathlon series



Ride

- Cars have right of way, watch for cars at all times and obey road rules
- Marshals on bike leg will have flags to indicate traffic to you. Green means you are safe to go. Red means there is a car and you need to be aware they have right of way. Take the corners carefully, keeping your inside pedal up (away from the ground).
- Keep to the left side of the road, unless overtaking. If you need to overtake someone, pass on the right hand side.
- You cannot sit behind someone (draft) on the bike. The front of your bike must be approximately 3 bike lengths away from the rear wheel of the bike in front of you. If you decide to overtake, you have around 15 seconds for the front of your bike to move ahead of the tip of the front wheel of the person you are overtaking. If you do not do this within 15 seconds you must move back out of the drafting zone before you may attempt to pass again. Once passed a competitor must within 15 seconds drop back out of the draft zone of the passing competitor before attempting to re-pass.
- Try to drink some water on the bike, it is the best time to hydrate, which is important for your run.
- Towards the very end of the ride put your bike in an easier gear and spin your legs a little faster. This will help loosen your legs up for the run.
- We encourage you to understand and follow the ride rules with the following video



Transition 2 (T2)

- Dismount your bike at the dismount line, and walk or run your bike to your transition area.
- DO NOT remove your helmet until your bike is racked.
- Once your bike is racked, take off your helmet, if wearing bike shoes, change into your runners. You may like to put on a hat and sunglasses (if not already on).

Run

- Prior to the race, put Vaseline inside your shoes on areas you think may rub, or sprinkle some baby powder in them to help them slip on easily.
- Stretchy laces are a great way to save time slipping your runners on.
- Water is available via water fountain during run. Keep your fluids up. There are drinks in an esky at finish line for you to enjoy.
- If it is a hot day, pour some water over your head to keep cool.
- If you are feeling exhausted, drop back to a walk.

General Rules

- Always follow the directions of course officials.
- Do not receive assistance from family or friends around the course unless it is an emergency.
- We do ask supporters to please stay off the course when the race is in progress. They can view from the tree area.
- Have fun!

What to wear

- The best advice is to wear whatever makes you feel most comfortable. Activewear is a great choice. For women, a swimsuit or triathlon suit is ideal, and for men, jammers are perfect, though a triathlon suit is also recommended if available. Men who choose to wear jammers must put on a t-shirt for the ride and run, as the torso must be covered at all times. For women, swimsuits can be worn throughout the entire event, or a t-shirt can be added for extra coverage.

Example Transition

