

Hello! I am so thrilled that you will be joining us on July 29 for the [WIN for KC Triathlon and Duathlon presented by Garmin](#). Since many of you will be first time duathletes and triathletes, I would like to share these tips based on my experience both as a race director and a once nervous first timer like you!

1. **Do not do *anything* new on race day.** And I mean ANYTHING. Do not eat something new the night before or that morning. Do not try to ride a bike you have never ridden. Do not try open water swimming for the first time (see #3). Do not wear a special new outfit you bought just for race day. Do not even change your shoe laces (I learned that the hard way). Whatever you are going to do on race day, make sure you have given it a practice run during your training.
2. **DO NOT DO ANYTHING NEW ON RACE DAY.** See number 1.
3. **Practice open water swimming before the race.** Training in the pool to build endurance is OK, but you need to get out there and feel what it is like when you don't have that nice black line that the bottom of the pool to guide you. There are many opportunities in the KC area to get in a lake and try it out (see our [Training Resources Page](#)).
4. **Do some BRICK workouts.** What is a BRICK? That is triathlon talk for "Bike-Run-icky" because when you jump off your bike and take off running your legs are going to feel icky. It is a really funny feeling, but much easier to manage if you know what to expect. Seriously, set up a small transition in your driveway. Go for a bike ride, come back and go straight into the run. Yep, your neighbors might wonder what you are doing, but most likely they will think you are a total bad ass.
5. **Visit the race site prior to the race.** Check out the race site. It is beautiful! Drive the bike course so you know what to expect (I do not recommend riding out there when the roads aren't closed). Or go for a run on the run course. This way, you will have been there before so you'll have a comfort level with the course - and maybe even a competitive advantage.
6. **Tri shorts are worth it.** I get asked frequently about what to wear on race day. The answer is - wear what works for you. Just make sure you have trained in it (see #1 and #2). And by train in it, I mean make sure that you are comfortable swimming, biking and running in it and make sure you know how it will feel when wet as you get on the bike. However, if you purchase one



piece of special triathlon or duathlon attire, make it women's *tri shorts*. These shorts are made specially for this sort of thing. They can be worn throughout the entire race. They are made to get wet on the swim and then dry quickly on the bike so you are comfy on the run. Tri shorts have the perfect amount of padding to help on the bike, but won't retain water or feel like a giant diaper on the run the way regular bike shorts will. They are made to wear without undies (but do what is comfortable for you - just remember they will get wet, so if you do wear some, make them dry fit). You should be able to find a pair at any bike shop. They run anywhere from \$40 to \$100+. [Epic Bike and Sport](#) has a nice selection of women's tri shorts. Or you can buy a pair of [WIN for KC tri shorts on our website](#).

7. **Have a race day checklist and check it twice.** Layout all your stuff the night before and think through the race in your head. Visualize each leg and what you will need, including during each transition, and make sure it is all there. Prep your breakfast. Air up your bike tires. Put your bike in/on your car if you can. Make the early morning as simple as possible.
8. **Double check your bike rack location.** On race morning, once your transition area is set up, walk down to the swim exit (triathletes) or first run exit (duathletes) and note where your bike is! Things look different when you are coming out of the water or off the first run. Save this mental image to avoid feeling lost or running past your bike rack (yep - I've done that).
9. **Arrive early.** If you are a first timer, I recommend getting to the race site by 5:30 a.m. This will give you plenty of time to park, walk to the race site, get body marked, set up transition, use the bathroom, warm up, chat with your friends, and use the bathroom again.
10. **Enjoy it!** Think of race day as a celebration of all of your hard work. You have prepared and you are ready. It's time to bask in the glory. Remember, whether you take one hour or three, you are still a triathlete or duathlete when you cross the finish line. **YOU GOT THIS.**



Happy Training!
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