



## TRYATHLETE RACE PREPARATION CHECKLIST

### Health and Safety!

We always put the Health and Safety of our participants first. As the Transition Area constitutes part of the Weet-Bix Tryathlon race course, access to this area is restricted. You will not be able to remove your bike from the Transition Area before the end of Prize-giving. You will need to ensure you plan to be at the event for a sufficient amount of time for this. Prize-giving starts once all competitors have completed the course, and Tryathletes must be on-site to claim any prizes they may win at the event prize-giving. Thank you for your cooperation.

### Received your confirmation email?

If you haven't received this 24 hours after registering, and this is not in your Junkmail or Spam filters, please get in touch with us.

### Know where you're going

Check you know how you're going to get to the event venue. If you're in a Team, make sure you know where you're going to meet your teammates and when.

### Know what to do when you arrive at the venue

If you don't already have your race pack, you'll need to see our team at the Administration and Race Pack tent. Once you've got your race pack, the Transition Area with your bike will be your next port of call.

### Get all your gear together

Make sure you've got:

- Bike
- Helmet
- Closed-in Running Shoes
- Socks
- A vivid to write the race number on your arm and leg
- Someway of identifying your bike in the Transition Area
- A box or similar to put your things in while they are in the Transition Area
- Filled up your drink bottle just before you leave home (so it's nice and fresh!) and have this ready to go on your bike
- Sunscreen
- Hat
- A jacket to make sure you're not cold at the end of the race
- Pack a snack for the road; it might also be a good idea to ensure you have a small amount of cash on hand should you wish to purchase anything to eat or any Weet-Bix merchandise at the event.
- Lots of memory space on your camera!

### What to wear?

Please arrive at the event with your togs on.

### Don't forget your race number

Please make sure your race number is clearly visible on the front of your t-shirt and you have clearly written your race number on your arm or leg. This will help our photographers identify you. If you haven't got your race number, come and see our friendly team at the Administration Tent.

### Know your swim cap colour

When you start the swim for the Weet-Bix Tryathlon, you will start in waves by swim cap colour. Bikes in the Transition Area are also organised by swim cap colour to make sure they are easy to find. Make sure you know your colour so that when you put your bike into the Transition Area, you know which flag you need to line your bike up with. Check your swim cap colour here.

### Know what you're going to leave with your bike in the Transition Area

- Bike
- Helmet
- Closed-in running shoes
- Socks (optional)
- Drink bottle (preferably on your bike)
- Weet-Bix Tryathlon race t-shirt
- Any medication you may need during the race itself

### Check the event status

You will have noticed on our Weet-Bix Tryathlon website homepage that we have an event status button. This is updated the evening before the event should there be any changes to the course. If you have any doubts about the event due to the weather, please check our homepage.

### Get a good night's sleep

Nothing helps like a good rest before a big race!



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### **Keep hydrated!**

Make sure you have an adequate intake of fluids the day before the race. Water is always best.

### **Fuel up!**

It's important to make sure you have a good breakfast on the morning of the event. If you don't have time, feel free to join us at the Weet-Bix Breakfast Challenge tent. For just \$3 you can have cereal, fruit, juice, milk and yoghurt. Plus, you'll be contributing to the Weet-Bix Tryathlon Foundation when you do!

### **Butterflies?**

It's okay to be nervous. Even Hamish Carter gets nervous before a big race! Just keep in mind that everyone else there on the day is there to have fun and make the most of it, just like you are.

### **Know where you'll meet up with your family and friends**

There are lots of excited people at the Weet-Bix Tryathlon. If you have a special spot organised so you can meet your friends and family after the event, it makes it much easier to find them. Organise a spot once you get to the venue. Write a friend's or family member's mobile number on your arm to ensure that should you get separated from them, our team at the 'Meeting point' tent can easily make contact.

### **Any queries?**

Please check the information on the board at the event venue, or come and see us at the Administration tent on the day.

### **Enjoyed your experience?**

Contact Triathlon New Zealand to keep involved with the sport.

### **Change email address? Improvements to suggest?**

We'd love to hear from you. Email us at [tryathlon@sanitarium.co.nz](mailto:tryathlon@sanitarium.co.nz).