

Black Butte Practice Triathlon

Date: Sunday, June 2, 2013

Start Time: 10:00am (Arrive @ least 30min before!!)

Place: Buckhorn Campgrounds (Dock)
@ Black Butte Lake

Overview

This training session can provide an opportunity to:

- See and practice the Black Butte Triathlon course a week before the race in a very casual format.
- Learn from/exchange invaluable tips/info from athletes from a wide spectrum of experience levels.
- Acclimate to open water swimming and swimming in a wetsuit.
- Practice your transitions and find out what needs to be addressed.
- Organize yourself and your equipment for racing a triathlon (a week in advance for those racing).
- Share a really fun morning triathloning and hanging out with some nice folks.

Notes

- Please see attached Race Day Checklist, as you will need to bring most of those items.
- Water Temperature will be in the mid-60s, so a wetsuit is highly recommended.
- There will be a boat and a kayak in the lake to monitor the swimmers.
- You may want to bring a lunch, as it is quite a nice place to relax afterwards.
- We will re-group after the swim and bike legs and start out together and ride/run at low-intensity (in other words, we won't be racing).

Practice Triathlon Format

1. Start setting-up your make-shift transition place by 9:30am. If this is your first triathlon there will be some others to copy and ask questions.
2. At 9:50ish meet at the dock to get ready for the swim and discuss strategies/tips.
3. Start swim at 10:00am. Some will swim 200 yards, others may swim 800 yards.
4. Transition from the swim to being bike-ready as quickly as you can, mount our bike, ride for a minute toward exit point, then re-group and observe/provide feedback to others.
5. Quick de-brief concerning swim and swim/bike transition, then ride the sprint distance bike course (15 miles; or shorter if some would like) together.
6. Ride to your transition place and quickly do what you need to do to be run-ready; run a bit, then re-group and start run together. Most folks will run a mile.
7. Re-group and discuss/de-brief. Then have lunch if you have time to hang-out.

Race Day Checklist

Swim Gear:

1. Wetsuit
2. Swim Cap
3. Goggles

Bike Gear:

1. Bike
2. Helmet
3. Bike Shoes
4. Socks
5. Bike Gloves
6. Tire Pump
7. Spare Tires/Tubes
8. CO2 Cartridges
9. Tools

Run Gear:

1. Running Shoes
2. Hat/ Visor
3. Race Number Belt

Transition Gear:

1. Towel

General:

1. Race Uniform
2. Water Bottle (s)
3. Registration Confrim. & Photo ID
4. Race Number/Timing Chip
5. Gels/Energy Bars/Drinks
6. Money/ Extra Clothes
7. Directions/ Course Map
8. Glide or Vasaline