

Tri-Rock Triathlon FAQ's

Q: What do I need to pick up my packet?

A: Please bring a valid form of ID and your USAT card. If you purchased a one-day pass we will have that in our records. If you cannot prove USAT membership you will be required to purchase a one-day pass.

Q: What is packet pick up?

A: Packet pick up is where you pick up all your race materials including race numbers, T shirt, and any additional information important to the race.

Q: Where is packet pick up?

A: Packet pick up is held at the area Playtri Stores. Please check www.playtri.com/TriRock for the schedule and location closest to you.

Q: Can someone else pick up my packet for me?

A: No, you are required to pick up your own packet.

Q: What should I eat before my race?

A: This varies from person to person. We recommend you eat what you would normally eat before training sessions. If you are going to experiment with new nutrition or gear plan, do so during training, not on race day.

Q: What time should I arrive race morning?

A: If this is your first triathlon we recommend showing up when transition opens to ensure you get your equipment placed, get your timing chip, and take care of any last minute issues. This will also give you time to check out the swim course, where you will be running into transition from the swim, biking out/in and running out for the run.

Q: What should I wear?

A: We always recommend wearing a triathlon specific suit or a tri suit for short. This will allow you to easily transition between events without changing clothes. Never wear new clothing on race day. If you do not have a tri suit wear whatever clothes you have been training in.

Q: Where do I park race morning?

A: Park in the lot in front of the stadium and then walk around to the back where transition will be located.

Q: Where do I go once I arrive at the race site?

A: Once you have parked and gathered all of your gear you will head to the transition area. The transition area is where you will place your bike and running gear. There will be volunteers at the transition area called body markers. They will use a sharpie and write your race number and age as of the end of the year on your arms and legs. This is for safety and to make sure you get AWESOME race photos of your big day. After you are marked you will be allowed to go into transition.

Q: Where do you put your gear once in transition?

A: On the end of the racks there will be a race number range, for example 100-150. If your race number falls within those numbers you will rack your bike anywhere on that rack where there is sufficient space. Your bike should be racked so that it is facing the opposite direction as the bikes directly next to it. This helps ensure the maximum amount of space for everyone's gear. Your gear will be placed under/next to your bike leaving room for your neighbors on either side. You do not want to place gear in front of your bike as it creates a traffic hazard for yourself and others as they are focused on finding their own bike and gear!

Q: How do I know when it is my turn to start the swim?

A: Your race number is based on what you estimated your swim time to be during registration. When transition is closed athletes will line up by race number and will be signaled to enter the pool one at a time by a race staff member, usually every 5 to 10 seconds.

Q: What is a snake swim?

A: In a snake swim each lane holds swimmers going a single direction. You will swim down your starting lane, and when you reach the other side you will go under the lane line and swim back in the adjacent lane.

Q: Can I wear headphones during the bike or run?

A: All personal headsets, radios, and headphones are prohibited during the race. If you like to carry a phone during the bike and run for safety reasons, it must be stored in a bag. If you feel a need to use your phone during the race, you are required to stop and get off the course until the call is over and the phone packed away. Check the USAT rules if you have specific questions on this.

Q: What is the timing/chip procedure for the relays?

A: Each team member will receive their own chips and all numbers will be associated with your team. The swimmer will exit the pool and meet biker in transition to tag off. The cyclist must be the person to unrack the bike after being tagged by the swimmer and must rack the bike properly upon return. The runner should be in transition when the biker comes in to be tagged off to start the run. Each participant must wear their own chip during their portion of the relay

Q: What happens if I get a flat tire or a mechanical problem during the bike?

A: You are expected to be able to change your own flat tire as well as fix other minor mechanical issues. There will be neutral race support always driving the course to help minor issues if you are unable.

Q: Will there be water or sports drink on the run?

A: Yes, we will have aid stations approximately every 1 to 1.5 miles on the run.

These tips come to you from Playtri. If you have more questions, contact us at info@playtri.com