



Benefiting  
**LIVESTRONG®**  
AT THE YMCA

# Preparation Packet



## *Reaching goals together...*

By participating in the seventh annual 3-for-3 triathlon you are supporting the **LIVESTRONG**<sup>®</sup> at the YMCA program offered at the Riverview Family YMCA. This unique program allows adult cancer survivors the opportunity to come to the YMCA for 12 weeks and work with trained instructors to rebuild their strength & endurance. Not only will your support enable us to serve additional survivors in the Michiana area, but this event signifies your belief in living a healthy life and working towards your own personal health & fitness goals.

# *Stuff you need to know:*

- I. Where does the event take place?
  - a. Riverview Family YMCA, 1201 Northside Blvd, South Bend
- II. What order do the events go in?
  - a. Swim (pool) or Kayak (river)
  - b. Bike
  - c. Run/Walk
- III. How long will this event last?
  - a. The event starts at 8:30am but will be staggered according to the number of participants. Plan on spending 2-3 hours at the event. Please arrive no later than 7:45am to allow time to check in and set up your transition area.
- IV. What are the distances of each event?
  - a. Adult Triathlon (ages 12 & up)
    - i. Swim = 200 yards (8 laps in the YMCA pool)
    - ii. Bike = 8 miles
    - iii. Run = 2.5 miles
  - b. Teen Division (ages 12-15)
    - i. Swim = 100 yards (4 laps in the YMCA pool)
    - ii. Bike = 3 miles
    - iii. Run = ½ mile
  - c. Youth Division 1 (ages 6-8; 9-11)
    - i. Swim = 50 yards (2 laps in the YMCA pool)
    - ii. Bike 3 miles
    - iii. Run = ½ mile
- V. What if I can't swim?
  - a. Two options to choose from:
    - i. Adults have the option to kayak on the river!
      1. A kayak will be provided for you
      2. Only the provided kayaks are allowed so do not bring your own
    - ii. Sign up with 2 other individuals and participate as a relay team – choose who will swim, bike and run!
- VI. What am I supposed to wear?
  - a. Ladies:
    - i. Swimsuit
    - ii. Swimcap & Goggles (optional)

- iii. Shorts to pull on for bike/run
  - iv. Optional shirt to put over swimsuit
  - v. Spin shoes (optional)
  - vi. Athletic Shoes
- b. Gents:
- i. Swimsuit (trunks or speedo)
  - ii. Swimcap & Goggles (optional)
  - iii. Shorts for over speedo (or can wear swim trunks)
  - iv. Shirt to put on for ride & run – **SHIRT IS REQUIRED**
    - 1. Bike Jerseys are okay but are hard to put on after the swim when your body is wet. If wearing a jersey, consider swimming in it.
    - 2. Dry-fit or t-shirts will work
  - v. Cycling Shoes (optional)
  - vi. Athletic Shoes

## VII. What do I need to bring?

- a. Bike
- i. Any bike will do just **make sure you get your tires and brakes checked ahead of time!**
  - ii. Test out your bike seat for comfort as you may find you want to invest in a gel seat.
- b. Helmet
- i. **You will not be able to bike without this!** Make sure it fits your head well.
  - ii. Helmets are available at sporting goods stores and bike shops as well as places like Target & Walmart.
- c. **Water bottle on your bike** (no water on bike course)
- d. Gym bag with the following items:
- i. Race packet
  - ii. ID
  - iii. Sunscreen/Hat/Sunglasses
  - iv. Towel
  - v. Athletic Shoes & Socks
    - 1. Worn during the ride and the run
    - 2. Biking shoes may be worn for the biking portion and then you change into athletic/running shoes for the run
  - vi. Goggles (optional)
    - 1. Protect those eyes in the pool!
  - vii. Swimcap (optional)

## VIII. Are headphones/music allowed?

- a. You are welcome to listen to music **BEFORE THE RACE** but headphones are not allowed during the biking portion and are considered "poor etiquette" during the running portion.

## IX. What is a "transition area" and what happens there?

- a. The transition area is where you prepare for the next leg of the event or "tag" your relay team member (if you are participating as a team of 3)
- b. You will enter the transition area after the swim/kayak/canoe and find your bike. You will prepare for the bike ride (shorts/shirt, shoes & helmet) and **exit the transition on foot, walking your bike down the curb then mounting your bike in the street.**
- c. After the bike ride you will **get off your bike in the street and walk your bike up the curb into the YMCA parking lot, entering the transition area on foot** and find your designated spot to return your bike. You will store your bike, remove your helmet, change shoes (if necessary), and exit the transition area, cross the street and do the run portion of the race on the sidewalk/path.
- d. Your bike will be stored in the transition area until you are ready to leave the event.

## X. Where do I change clothes before the bike portion?

- a. When you exit the pool you will make your way to the transition area which will be located out front of the YMCA. Be sure to take your goggles off so you can see!
- b. Please be careful getting to the transition area – you will be exiting the pool and climbing up a flight of stairs. **Use caution!**
- c. You may want to dry off a little at the transition area – make sure you have a towel ready.
- d. Any items that you need for the bike ride (shirt, shorts, socks, shoes, helmet, sunglasses) will be stored next to your bike.
- e. Shirts are required for the bike/run portion. Consider wearing your shirt in the pool if you think it will be hard to put on when you are wet after the swim.

## XI. What do I need to do to prepare?

- a. Visit one of the "additional resource" websites listed on the next page
- b. Feel free to reach out to the Race Director, Charity Schneider, for specific questions that you may have. Charity can be reached at 287-9622 or [cschneider@michianaymca.org](mailto:cschneider@michianaymca.org)

XII. What should I do the day before the race?

- a. Pick up your race packet at the YMCA
- b. Pack a race bag (see specific items under section VII d)
- c. Eat a healthy dinner
  - i. Well-balanced meal with a mix of carbs, protein and fat
  - ii. Steer clear of heavy, high fat foods
  - iii. Hydrate your body with water
- d. Go to bed early and get plenty of sleep!

XIII. What do I need to do the morning of the race?

- a. Set your alarm so you have enough time and are not rushed
- b. Dress in layers with your swimsuit on underneath
- c. Eat a healthy breakfast (at least 2 hours before your scheduled race start time) such as whole grain cereal, toast or oatmeal and some fruit and drink a bottle of water
- d. Recheck your bag to make sure you have everything you need
- e. Plan to arrive at least 45 minutes prior to the start of the race.**
- f. There will be mandatory meetings at 8:00am. Swimmers will meet in the gymnasium; kayakers will meet along the river in front of the Riverview Family YMCA.**

XIV. Where do I park?

- a. Parking will be available at the YMCA and Farmer's Market.

XV. What happens after the race?

- a. EAT! It will be important to replenish your body with carbohydrates and water! Join us at the post-race party in the front parking lot of the YMCA.
- b. Awards will be given out after everyone has completed the race.

**Additional resources:**

[www.beginnertriathlete.com](http://www.beginnertriathlete.com)

[www.triathanewbie.com](http://www.triathanewbie.com)

[www.spinzonecycling.com](http://www.spinzonecycling.com)