

TRANSITION

Transition, easily defined as ... 'the place where you keep your stuff and get changed to move from swim to bike and bike to run/walk' ... 'also the place where you can have a breath, tag your team mate or wave to your supporters!

What is transition all about?

Transition is the area where you will place all of your gear e.g. towel, bike, helmet, running shoes etc, that you require for each stage of the event. Everyone has different methods for what works for them in transition but the following is a popular option.

It's a good idea to have two 'areas'; one for the gear you are going to put on, and one for the gear you are going to take off. Don't spread out too much though as space in transition will be limited. You need to make sure you keep all your gear tidy and not encroach on other entrant's space so as to not mix up or loose gear between each discipline.

In the 'out' area, have your bike stuff at the top and your running stuff underneath. The 'in' area remains empty at the start of the event. When you come out of the swim, put your goggles and swim cap into the 'in' area; put on your tee shirt, shorts, helmet, sunglasses and whatever else you need from the 'out' area. Walk/jog your bike out of the transition area, mounting your bike at the mount line (a red line of tape where the marshal is).

Once you get back from the cycle, you will get off your bike at the dismount line (the red line of tape where the marshal is) and will walk/ jog your bike back to your area, rack your bike, take your helmet off and put it into the 'in' area and off you go for the last stage, the 'run/walk'. (There are more helpful tips regarding each discipline further in the FAQ's).

Where do I put my bike?

There will be bike racks in transition which will be marked to match your entry type. There will be a separate location for Individuals, Mother/Daughter and Teams. These will all be labelled clearly on the day and there will be volunteers in transition to assist you when necessary.

You are free to choose any one these free spots to set up your transition area. Remember that your spot is the same for the whole event, both when you rack your bike at the start and when you come back from your cycle and go on to the run/walk.

Do I have to put my bike back in the same spot?

Yes. After you or your team mate have completed the bike leg of the event you need to make sure you put your bike back in the same spot where you racked it. This makes it fair on everyone and also means you won't lose your gear! When you come back from your bike ride it is your responsibility to remember your spot and place your bike back there. This is another reason to arrive early to allow plenty of time to know your spot! You will need to go back to the same spot as that is where your run/walk gear or team mate will be. There will be marshals to assist you if necessary.

What advice do you have about transitions?

Swim/Cycle:

- ◆ You may want to have a towel down by your bike or hang it on your bike seat and put it on the ground while you are changing;
- ◆ You may want a bottle of water to sip on before you go out on your bike;
- ◆ Some people also have water in a bottle to wash the sand off their feet. Leave your wet stuff in the box/bucket for collection where the marshals advise you;
- ◆ Make sure your race number is on your race belt and is placed on your back when riding and can then be moved to your front the front for the run/walk stage of the event;

Cycle/Run:

- ◆ Put anything you need for the run/walk beside your bike e.g. shoes, drink bottle, sunhat in another plastic box or bag;
- ◆ Coming into the transition you get off your bike, put it in the rack, (same place you left from) attach your helmet to it, change your shoes if necessary and off you go;

After the finish line:

- ◆ Once you have finished the event you will not be allowed in the transition area to collect your gear until at least the last runner/walker has left to go out onto the run/walk course, so make sure you have some warm gear to put on at the finish line; and
- ◆ Collect your bike and other gear from transition at the end of the event when you are told you can enter transition - not when you are finished as others will still be completing the course. Please respect other participant's safety and right to finish.

Can I have a helper in transition?

No. Transition is open to entrants and marshals only as it can get a bit frantic in there with hundreds women moving about the place! We will take special care of those who request it, but only on a case by case basis.