

Frequently Asked Questions about First Tri

Grab a friend and start preparing as this race is a first-off! The event is designed specifically to attract new athletes to the sport of triathlon. Training for a First Triathlon is simple, it just takes a little time commitment. Go for a short walk or run, then jump on your bike, ride a couple of kilometers and then jump in the pool, swim a few laps. If you feel tired, Stop. If you feel good, keep going and keep increasing the distances week by week. Professional triathletes set goals of accomplishing 60% of the triathlon distance before the event. The key is to slowly incorporate training into your lifestyle. But remember first that triathlons are fun!

Walk/Run

EASY	2km
INTERMEDIATE	5km
HARDCORE	10km

Q: Do we all start at the same time?

A: No. Athletes go in waves depending on their chosen course. Hardcore running begins at 7:00am, followed by Intermediate at 7:20am, then Easy at 7:30am.

Easy & intermediate cycling will begin at 8:15am; swimming will begin at 9:15am.

Hardcore cycling & swimming will vary depending on participants.

Q: How long will it take me to run 5K?

A: 25-35 minutes for slower participants, 15-25 minutes for faster. Owariasahi is flat, so will be comfortable for first-timers.

Q: Can I walk?

A: In the "Easy" level, walking is an option.

Cycle

RUN-TO-BIKE TRANSITION ZONE	
EASY	5km
INTERMEDIATE	10km
HARDCORE	20km

Q: What is the transition zone?

A: The transition zone is the area that you place your bike; for this event, it will be the same place as the starting point. There will be a designated area on the grass. At this point you may change gear and jump on your bike.

Q: How long will it take me to ride 10K?

A: 20-30 minutes for slower participants, 10-15 minutes for faster participants.

Q: Do I need a new bike?

A: No. As long as your bike works.

Q: Do I need special bike shoes?

A: No. Running shoes are all that is required, however, special bike shoes and clips can hold your feet in place for more efficient cycling.

Q: Should I use a Mountain or a Road Bike?

A: It doesn't matter. The riverside path is flat, so a road bike will go a little faster but a mountain bike lets you view the scenery better.

Q: Do I need to wear a bike helmet?

A: Yes. Bike helmets are MANDATORY.

Q: How close can I ride to the other competitors?

A: Athletes should keep at least two full bike lengths away from other cyclists for safety reasons.

Swim/Walk

BIKE TO SWIM TRANSITION	
EASY	200m
INTERMEDIATE	500m
HARDCORE	1000m

Q: How far is 200 meters?

A: 4 lengths across the 50-meter pool at the event site.

Q: What swim stroke should I use?

A: It doesn't matter. Although the front crawl is the quickest and most efficient, backstroke and breaststroke are easier and more relaxing.

Q: How long will it take me to swim 200 meters?

A: Slower swimmers will take between 10-15 minutes. Faster swimmers will take between 5-10 minutes.

Q: Will other swimmers collide with me during First Tri?

A: Good question. Please keep in mind that this is a public pool, and the athletes do not have exclusive use of the pool. Use common sense, take your time, be careful, and have fun! Generally on a Sunday morning, there is less congestion at this pool.

Volunteering

Q: How can I volunteer for the 1st Tri for Charity triathlon?

A: Email (English) Donna at habitatdonna@yahoo.ca or (Japanese) Kazuya at kazuyau@hope-international.jp .