

THE ISLAND EIGHTY™

1 MI SWIM * 66 MI BIKE * 13 MI RUN



THE ISLAND FORTY™

1 MI SWIM * 33.5 MI BIKE * 5.5 MI RUN



MARCH 29, 2009

TRIATHLON ETIQUETTE

- Golden Rule: “Do unto others as you would have them do unto you.”
- Play by the Rules (comply with the race rules and regulations)
- Plug your bar ends
- Don’t litter...carry your trash with you
- Be conscientious of how much bike rack space you are taking and be good to your neighbors
- Keep your bike in good working order and go over it before the race. There will be bike mechanics on-site but they are primarily there for last minute fix-ups or problems that occur due to transport or on-site training
- Be informed. Know the course. The race director is responsible for ensuring that the course is safe and the officials are responsible for ensuring the race is fair, but you are ultimately most responsible for your own safety (know where potential trouble spots might be; steep descents, tight corners, surf breaks).
- If there is a pre-race meeting **ATTEND**
- Really mind your manners in the transition area. It’s chaotic. Go gently, especially in T1, and most especially at the mount-dismount line. You don’t want to go toppling over, and you don’t want to be the reason someone else does, either. Not to mention the possibility that you can earn a penalty here for disobeying the mount/dismount orders from the volunteers.
- If you can’t say something nice, say nothing. But if you can, in the midst of your own suffering, offer some encouragement to the athlete that you just passed, or who just passed you, well ... you get karma points!