

Grantown Try Tri - advice from previous competitors for novice and new competitors.....

- Go at your own pace and very importantly - take water on the cycle!
- Don't pin your number onto your vest all the way through front to back!
- If you can, ride the route, practise the whole thing including transition, just at steady pace.
- Best if you can get someone who has done it before to take you round the route.
- During training every time you finish a ride 'dump' your bike & go for a run, even just 100m!
- Leave a towel at door after swim.
- Cycle and run in same clothes.
- Take waterproof bag for stuff.
- You'll find out your exact start time when you register on the day registration is from 8am.
- There are excellent changing facilities at the centre, get changed shortly before start time.
- Swim hats will be provided.
- You'll be swimming with people of a similar ability – and breaststroke is fine!
- It's a good idea to bring flip flops (or similar).
- It's about 200m distance from pool exit to bike rack in transition
- Putting talcum powder in your socks makes them easier to put on damp feet
- If you are putting on a t shirt after swim, then put it on before you put on your bike helmet!
- The cycle and run routes are well marshalled – you won't get lost!
- What to wear – you can get a reasonably priced tri-suit from Amazon or eBay (£30 approx.), then if you want to, you can put a top over it for the cycle and run. You don't have to wear a specific tri-suit, anything that you're comfortable in is fine.
- A race number belt can help, particularly if you're undecided – but not essential.
- When training, try a cycle ride followed by a short run to get used to the transition.
- There are people of all shapes, sizes, ages and abilities taking part – you won't look daft!
- Enjoy your own experience!
- During the winter training can be difficult up here. Join a local gym/leisure centre, take the indoor cycling classes and ask the Spinning instructor for structured lessons specifically for this type of event.
- Do Yoga twice a week to keep supple this allows you to keep training and prevent injury.

Here are some of the lovely comments from previous events....

"Can I just say a huge thank you – the event was all that we remembered from 2015 – fun, friendly, and well organised! We look forward to next year's one."

"I personally love this event as the organisers, marshals, and competitors are all so friendly. It was this event that got me into Triathlons and would be 100% sure this will be the case for a lot of other first timers."

"It was my first triathlon and really enjoyed it. Thanks for all your work in organising it."