

Tri for a Cure: VIRTUAL Tri 101 Clinic

Thursday, May 14, 2020, 5:00PM

Opening Remarks

Julia Bachelder, MCF Events Manager

Welcome and thank you!

What to Expect for Tri 101

Julie Marchese, Tri for a Cure Founder and Race Director

- How many first timers? How many survivors?
- My short story
- What is a virtual Triathlon? Choose your event – do it your own time, your own place, your own pace!
- Choose: Triathlon (swim 1/3-mile, bike 15 miles, run 3 miles) or Duathlon (run 1 mile, bike 15 miles, run 1 mile). Individual or as a relay. Modifying distances is fine, make them longer, shorter, or whatever your goal is just make a goal and hit it!

Getting Ready

Betsy Parker, 13-year participant

What to Wear and Train In:

- Performance top, performance shorts, difference between tri shorts and bike shorts
- NO cotton!

Gear You Need:

(A) SWIM –

- a. Pool: goggles, bathing suit, & swim cap
- b. Ocean or Lake: wetsuit, goggles, bright swim cap, swim buoy.

Wetsuit resources:

- www.xterrawetsuits.com code: C-SHEJAMS (50-60% wetsuits)
- www.wetsuitrental.com (\$70 for 30-day rental)
- www.swimoutlet.com – great for suits, goggles, and training gear

(B) BIKE –

- a. If you are going outside (inside just wear your workout clothing):
 - A well-tuned up bike – reach out to CycleMania for a tune up
 - Road, hybrid, or mountain bike. Road tires are best.
 - Flat tire kit: bike tube, CO2 cartridge for the tube, levers (make sure it is the right tube for your bike). Someone will help you change your tire if you have these things.
 - Bike helmet – no helmet no riding – fit properly
 - Sun glasses
 - Water bottle holder and water bottle
 - Bike shoes and clipping in are optional

(C) RUN/WALK—

- a. Sneakers
- b. Hat or visor
- c. Sunglasses

Race Month: August 1 – August 30

Julie Marchese

SWIM

- Choose the swim venue of your choice: pool, lake, ocean
- Make sure you have adequate safety precautions. DO NOT SWIM ALONE.
 - In a pool, make sure there is a lifeguard. Ask them to help you count your lengths. They could be a great cheering squad!
 - Lake & ocean – wear a wetsuit, have a brightly colored swim buoy, and a brightly colored swim cap. Have a support person on a paddleboard or in a kayak. Do not swim alone.
- Pool (please ask pool officials if they have a 25-yard pool or 25-meter pool)
 - 1/3-mile swim in a pool that is 25 yards long = 550 yards or 22 lengths
 - 1/3-mile swim in a pool that is 25 meters long = 500 meters or 20 lengths
- Lake or ocean – a GPS of some sort is needed to measure your swim length. Have your support person be in charge of tracking your distance.

BIKE

- Choose how you would like to complete the bike.
 - Use a road bike or a hybrid bike on your local roads
 - Go to a cycling studio and enroll in a class
 - Set up a trainer in your home and cycle at home
 - Use a stationary bike at home and go the distance
- Make sure you have adequate safety precautions when using a road or hybrid bike on your local roads:
 - Make sure your bike is in good working order. Bring it to a bike shop and have a tune up. No formal bike inspection sheet needed but for your safety have inspection.
 - Wear a helmet.
 - Bring a spare tire and the tools needed if you get a flat tire.
 - Follow the rules of the road. Use hand signals. Stay to the right-hand side of the road.
 - Ride with a friend and follow all CDC social distancing guidelines.
- Bike is 15 miles.
 - Pre-plan a route on your local roads in advance so you know the distance and you follow the pre-planned route. There are lots of ways to do this. Try Map My Ride or Strava!
 - When you are riding outside have some kind of instrument to measure your ride. Bike computer or GPS unit like Garmin.

- If you are cycling in your home or in a studio, most bikes will have a device that shows how far you have gone. If not, the average person finishes the Tri for a Cure bike course in about 65 minutes. Ride for a total of 65 minutes.
- Safety
 - Stay far right at all times
 - Pass on left ONLY – speak first: “On your left!”
 - Stay three bike lengths from other bikers
 - No riding in a group with your friends to chat
 - NO iPods, iPhones, or earphones of any kind
 - NO crossing the yellow line
 - Roads ARE NOT CLOSED
 - Know the rules of the road and abide by them
 - Wear brightly colored clothing
- Rules of the Road Sources
 - [Bike Maine rules of the road](#)
 - [Map My Run rules of the road](#)

RUN:

- Run can be on local roads, on a trail, on the treadmill. Of course, the run portion can be run, walked, jogged, slogged, or crawled to complete.
- Make sure you have adequate safety precautions while you are completing this portion of the event.
 - Run with a friend and follow all CDC social distancing rules.
 - If you are running on the road, please run on the left-hand side of the road and be on the look-out for on-coming cars. Wear brightly colored clothing, don't run at peak traffic times and run during the daylight.
- Run distance is a 5K which is 3.1 miles.
 - Pre-plan a route on your local roads or trails in advance so you know the distance. There are lots of way to do this. Try Map My Run or Strava!
 - When you are running outside have some kind of instrument to measure your run. GPS unit like Garmin.
 - If you are using a treadmill, the equipment should let you know when you have reached your goal!
- Safety
 - Run against traffic.
 - Roads are not closed – obey all traffic signals – use sidewalks if possible.
 - Wear brightly colored clothing.
 - NO IPODS – be aware of your surroundings.

TRANSITION

- Because this event is virtual there is no need to worry about transitions. You can do the event in one day or space it out over 30 days. You choose. Event will start on August 1 and will finish on August 30.

- When you do a leg of your race, announce it on social media! Let your supporters know when you are doing it. Let them be your cheering squad to get you to the finish.
- We will have a transition clinic to talk more about transitions if you plan on doing the event all together.

MORE VIRTUAL SUPPORT

We will be announcing more fun virtual events in the upcoming weeks. Please read your Tri for a Cure informational emails coming to your inbox!

TRAINING

TFAC CLINICS: all clinics will be recorded and posted on our website

May 14	5:00 PM	TRI 101
May 21	5:00 PM	RUN CLINIC
May 28	5:00 PM	BIKE CLINIC
June 4	5:00 PM	SWIM CLINIC
June 11	5:00 PM	TRANSITION CLINIC

Please Note: We will be posting a “How to change a bike tire” video on our website.

QUESTIONS?

Most questions can be answered by visiting our FAQ page: <https://triforcure.org/faqs>. If not, please feel free to reach out to Julie, Julia, or Betsy!

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Betsy Parker

13-year Tri for a Cure participant

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