

## Some Satire Some Truth

Q: What swim stroke should I use?

A1: It doesn't matter. Although the front crawl is the quickest and most efficient, backstroke and breaststroke are more relaxing, and are considered as "rest" strokes.

Q: What if I panic in the water?

A1: Roll over on your back, and make sure your head is well out of the water. Slowly take a deep breath and think happy thoughts.

A2: Force yourself to smile, and your body will naturally feel better.

A3: Hum your favorite tune, but avoid theme tunes from the following movies: "Titanic", "Jaws", or "Halloween". Good themes to hum to are: "Top Gun", "The Entertainer", or any song from "The Sound of Music" or "The Wizard of Oz".

Q: Do I need a wetsuit?

A1: No, however it is recommended as the water in Harrison Bay fluctuates between 68-74 degrees there are streams that flow into the bay along the route at various locations

Q: Does a wetsuit help your swim faster?

A1: Yes. You float better.

Q: Will other swimmers collide with me during My First Triathlon?

A1: No. All My First Triathlons have a nice wide swimming channel with lots of room for all the athletes. Generally there is less congestion than at your local pool.

Q: Do we all start at the same time?

A1: Yes, you will be starting along the shore you can choose your own seeding depending on your abilities.

Q: How long will it take me to swim 2.4 miles?

A1: Slower swimmers will take between 1 hour 15 minutes and 2 hours 30 minutes.

A2: Faster swimmers will take between 50 minutes –and one hour and 14 minutes.

### Swim to Cycle Transition Zone

Q: What is at the Swim to Cycle transition zone?

A1: You, once you finish the swim. Your bike will be waiting for you

### Bike

Q: How far is 112 miles?

A1: Hmm....

A2: Approximately 180 KM.

A2: Half way to Portland from Seattle.

A3: Go for a bike ride and when you pass 45 different Subway's or McDonalds', you've probably ridden 112 miles. Distances may vary depending on location.

Q: Do I need to shave my legs?

A1: It's up to you. We had a whole paragraph on this question but edited it for political correctness.

Q: Why do cyclist shave their legs?

A1: When athletes fall off their bikes and scrape their legs, apparently the hair doesn't get all messed up with the injured skin and it heals better.

A2: Some athletes think their legs look better and they use the excuse that it's for the reasons listed above. On the other hand, if you skid hard enough to cause bleeding most of your hair will be scraped off anyway.

Q: Do I need a new bike?

A1: No. As long as your bike works (remove response A1 if your are Under 15 and trying to convince your parents to buy you a new bike, or if you are trying to convince your spouse to allow you to dip into your children's college fund, substitute A2. Good Luck!)

A2: Yes. A new bike is required for optimum performance.

Q: Do I need special bike shoes?

A1: No. Running shoes and toe clips for the bike are all that is required. (See above if you are trying to upgrade.)

A2: Yes. Special bike shoes and clips hold your feet in place for more efficient cycling,.

Note: Bike shoes will help you go a faster, we do recommend using them. In 1987 at Ironman Canada an athlete named Hart from Seattle did the entire event even the run in bare feet, he had special platforms on the bike so he did not require bike shoes. His wife and two kids walked around in bare feet and one child was complaining about walking over some rocks, his wife said "What are you complaining about, don't you want to be an ironman like your father?"

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

A1: It would be best to use a road bike, the lighter the better, 112 miles is a long way, for the shorter My First Triathlon® events we suggest using a mountain or road bike however looking at the scenery wears a little thin on a mountain bike when the road bikes keep flying by for the second loop and you are still on the first one.

Q: What tires should I use?

A1: The smoother the tires the better.

Q: Do I need to wear a bike helmet?

A1: Yes. In most areas that My First Triathlons are held, it's the law to wear a bike helmet.

Q: What if the local laws do not require a helmet?

A1: Stop being difficult. You still need to wear a helmet.

Q: What type of helmet is required?

A1: ANSI or SNEL Approved helmets.

Q: What is ANSI or SNEL Approved mean?

A1: We think ANSI stands for American National Safety Institute; and SNEL, who knows?

A2: Even though we're not exactly sure what the names are short for, we do know that all major bike helmet manufacturing companies adhere to a strict set of guidelines set out by the above organizations.

A3: They strap bike helmets onto watermelons and drop them while recording the results.

Q: When do I need to wear my helmet?

A1: Your helmet must be worn at all times. This includes having the chin strap done up the

moment you mount your bike, until after you get off your bike. This is usually done at the transition zone.

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

A1: Athletes should keep at least two full bike lengths away from other cyclists. This is for both safety reasons and fairness, as the cyclist will pick up an unfair advantage by riding close to another rider.

Q: How long will it take me to ride 112 miles?

A1: 6 – 10 hours for slower competitors.

A2: 4 hours 30 minutes to 5 hours 59 minutes for faster competitors.

### **The Bike to Run Transition Zone**

Q: What is at the Bike to Run transition zone?

A1: You, once you finish the bike. This is where you will dawn your running shoes for the marathon run.

Q: Where do I drop off my bike?

A: At Transition Zone #2 bike to run transition.

Q: Am I responsible to put my bike back on the bike rack?

A1: Yes. Unless you are on a designated area on the lawn. Either way, you must put your bike back in the same spot.

### **Run**

Q: How far is 26.2 miles?

A1: Hmm...

A2: A long way, way too long...

A3: 420 times up and down a football field.

Q: Can I walk?

A1: Yes. Any form of locomotion: running, walking, crawling or wiggling is acceptable.

Q: How long can I spend at the Aid Stations?

A1: As long as you want.

Q: How long will it take me to run 26.2 miles?

A1: 5-7 hours for slower competitors

A2: 3-5 hours for faster ones

### **The Finish/Results**

Q: What do I need to remember when I finish?

A1: If the event is timed using a chip transponder, then you must remove the chip and hand it in at the finish line (after crossing the finish line).

A2: If the event is timed using just your race bib and a clock, ensure that the tear off stub at the bottom goes to the timing people at the finish line.

A3: Smile

A4: Step away from the finish line so others can cross.

Q: When do I see the results from the race?

A1: Most events will have the results posted within an hour or so after the last competitor has finished. In some cases, they are posted as soon as the last competitor crosses the finish line.

Keep in mind that results can take awhile to tabulate. Most events will have the results posted on the Internet within a day or so.

Q: If I stand next to the timing people at the end of the race, will the results be done quicker?

A1: No. In fact the timing people are trying to spot your number so they can add a couple of minutes to your time, and blame it on the software program.

A2: Do you like it when 50 people stand around and watch you work hard while trying to tabulate huge volumes of numbers? This being done with music blaring and the sun beating down in your face?

### **My First Triathlon® Full and Half Iron Information** (Includes Bigfoot Full Iron)

Q: When and Where do I check in the day or days before?

A: The day before you check in at the designated location specified on this website generally between 7 and 9 PM, this may change depending on the venue availability.

Q: When and Where do I check in on event day?

A: Go to transition Zone 2 which is the bike to run transition zone, place everything you need for the run at the designated bike rack, this is a good place to leave a small cooler with drinks and food that you like. Transition Zone 2 is located 400 meters North of the Sandpiper Golf Course at Eaglepoint Development.

Q: Where are the special need tables for the bike and the run?

A2: Since it is a two loop course the special need bags are to be placed adjacent to Transition Zone 2 which is also the finish line for the Marathon, in fact you will be passing the special needs table 4 times while on the bike, the first time when you are about 3 miles into the bike ride, then again on the return from the first turn around at about mile 12 then again at mile 56 and 62 so you will have plenty of chances to grab your favorite items.

Q: Where are the special need tables for the bike and the run?

A2: Since it is a two loop course the special need bags are to be placed adjacent to Transition Zone 2 which is also the finish line for the Marathon, in fact you will be passing the special needs table 4 times while on the bike, the first time when you are about 3 miles into the bike ride, then again on the return from the first turn around at about mile 12 then again at mile 56 and 62 so you will have plenty of chances to grab your favorite items. As for the run you will pass the special needs table 3 times once at about 8.5 miles and then again at 13 miles and again at 18 miles 4 times if you count passing it with only ¼ mile to go, however at this point you will be so pumped up you will not want to stop running, walking, crawling, wiggling or whatever you are doing with ¼ mile to go.

Q: Where exactly do I place my special needs bag?

A: Use a small bag or cooler, make sure you place your number so it is visible on the bag or cooler then place the bag or cooler on the table when you check in race morning. There will be felt marker pens that you may use to write on the bags or your cooler, bags will be provided if you want however we recommend coolers so you will be able to spot it quicker as you ride and run by.

Q: What about change tents/trailers?

A: There is a change trailer at Transition Zone 2 Bike to Run, and washrooms as a changing area at Transition Zone 1.

Q: What is available at the aid stations?

A: Both the bike and run aid stations will have Gatorade, Water, De-Fizzed Coke, Bananas, Oranges, Cookies, Chips(good for salt intake).

Q: What else is available at the aid stations?

A: Depending if the berries are ripe at this time of year some volunteers will pick them while they are waiting for you to come by, so you may even get fresh berries.

Q: Do we share the road with traffic?

A: Yes! It is very important to understand that this event does share the road with local traffic, although the organizers take great steps informing the traffic about the race there are still those who are unaware of the event.

Q: Is traffic controlled at intersections?

A: Unless you are specifically instructed otherwise by a uniformed police officer or flag person you must obey the rules of the road at all times. Even if the intersection appears to be under the control of a uniformed police officer or flag person always maintain an upright position on the bike and be ready to stop. The cars stopped may not be following the instructions of the officer or flag person, in fact the driver of the vehicle may think that they are being waived through if they do not see the cyclist or runner.

Q: Why did you not answer the above question Yes or No?

A: We did not think you would catch that. Since we cannot close the roads, in fact there are very few races around the world that will close roads for this length event.

Q: Should I be nervous?

A: Yes, we do not mean to upset you, however we would rather you be a little nervous and on the lookout for cars, rather than gung ho "Look out Here I come, the road is mine!"

Q: Who owns the road?

A: A car or truck weighs anywhere between 3,000 and 8,000 pounds you at best will weigh 130-250 pounds with your bike, simple physics demonstrates that the vehicle owns the road, you are just a visitor.

Q: Is there anything else I should know about this event with respect to safety?

A: Yes, always look out for your fellow competitor, we have professionals looking after key areas around the course from lifeguards to certified first aid personnel, however they cannot be everywhere. Even though the swim is in shallow water along the shore nervous swimmers may require assistance to the shore or until a safety kayaker or lifeguard can reach them. It is also important to look out for your fellow cyclist who may be wobbling along the road if they become tired. It is good practice to use caution when passing a fellow cyclist, look at them and make sure they are ok, don't stare at them because that is annoying but a quick glance and a "How are ya?" should/may prompt (some or all of) the following response(s) "Fine, Just fine!" -- "Leave me alone!" -- "At least I was faster for the swim!" -- "What loop are you on?" -- If you pass someone and ask them how they are doing and they respond in the following way "Ug"---"&^%^%" --"What time does this snake fall down short and go swimming?" or anything else that does not make sense whatsoever(babbling inconsistencies) we suggest you

slow down and make sure they are ok, if they are not suggest to them that they pull over and take a rest or wait for assistance from first aid. This goes for the bike and run.

Q: Should I stop my race and assist if need be?

A: Yes, without question, Tom Price was in second place at Ironman Canada back in 1987, about to overtake Dave Kirk the local favorite, Dave collapsed with about 8 miles to go on the run. Tom stopped and helped him, stayed with him till he received assistance from medical personnel before leaving his side. He risked other athletes overtaking him but stayed anyway. He ended up winning that year but it could have turned out differently, regardless Tom was a professional athlete who stopped to help. Thus was born the Tom Price Rule.

Q: What exactly is the Tom Price Rule?

A: Thanks for asking. Athletes may not pass another athlete who appears to be in distress, and may only leave once they are left in the capable hands of a qualified volunteer/medic.

Q: Are there similar rules in other sports?

A: Yes, below rule #33 in the IDEROD dogsled race in Alaska, same premise.

***Rule 33 -- Killing of Game Animals:*** *In the event that an edible big game animal, i.e., moose, caribou, buffalo, is killed in defense of life or property, the Musher must gut the animal and report the incident to a race official at the next checkpoint. Following teams must help gut the animal when possible. No teams may pass until the animal has been gutted and the musher killing the animal has proceeded. Any other animal killed in defense of life or property must be reported to a race official, but need not be gutted.*

Q: Your kidding, this has nothing to do with the Tom Price Rule does it?

A: Nope, but it will help you remember the Tom Price Rule and it is kind of funny/interesting.

Q: Can we get back to questions about the race?

A: Fire away....

Q: What kind of experience does this organizer have with these types of events?

A: In term of years World Endurance Sport was established in 1988 and as subsequently staged over 200 triathlons and duathlons from sprint triathlons to the full iron distance events.

Q: Have there ever been any insurance claims at any of these events? What is their safety record?

A: No claims, of the over 200 events there have been over 20,000 athletes cross the finish line without a single claim or serious incident involving athletes, spectators or volunteers.

Q: Really?

A: Really, Really.

Q: Is there anything else I should know?

A: Yes, remember to keep your training in perspective and being fitter does not necessarily make you any healthier, often when you train a lot your immunity will lower so you may become susceptible to sickness and infections.

Q: How do I know when I am training too much?

A1: You have a closer relationship with your bike than your friends and family.

A2: You continually feel tired during times you are not training.

Q: Ok I am tired all of the time, however I feel great when I am training what is this all about?

A: When you are training your body release natural pain killers called endorphins which do make you feel better, keep in mind that these natural pain killers are suppressing natural pain which can in fact be harmful to your body. The idea is to exercise to a level which brings you to the threshold of you body releasing the endorphins, this is the tricky part because at the time you start feeling good this is also the time your body is undergoing the most stress where overuse injuries will happen. Even if you are tired your body will still release the endorphins, if you are tired while you are not working out then it would be a good idea to back off on your training.

Q: What if I do not want to cut back on my training?

A: Well then your other option is to get more sleep, you are tired essentially because your body is not getting enough recovery time between workouts so you either have to cut down on training or get more sleep. Down time for elite athletes is most likely one of the toughest things to deal with because they are driven to always be pushing everything to the maximum all the time.

Q: What about my diet?

A: Probably the best advice we can give here is balance and moderation, for every book there is about the perils of meat or dairy or non organic vegetables there are books that say the opposite. (This part was edited for political correctness)

A2: Chances are you are eating too much food, probably the biggest nutritional problem facing the North American diet is sheer volume regardless of content.

Q: What about McDonald's food? Or that movie "Super Size Me" where the guy eats three meals a day at McDonald's and gains 30 pounds in a month and it just about kills him.

A: Good movie, turned me off McDonald's however in fairness to McDonalds, this guy in the movie was eating three full McDonald's meals a day and consuming over 6,000 calories yikes! I think that if a person consumes 6,000 calories from any restaurant per day they will have health problems. It would have been fair if the guy had someone else in the movie eat a 2,000 calorie diet all from McDonald's and see the results, but of course that would not be sensational and the movie would have been a documentary on PBS.

Q: Are you promoting McDonald's?

A: No I have only been brainwashed since early childhood. It has taken me over 20 years to break the "Big Mac Attack!" In all fairness to McDonald's they are attempting to make their meals healthier, the negative publicity from the movie did prompt health changes.

Q: Isn't this digressing from the topic of the triathlon?

A: Yes, however by mentioning big names of big companies it attracts more attention nobody wants to hear about Bob's burger tavern in South Nowhere, North Dakota.

A2: In Vancouver Canada there are two retail locations that used to be McDonald's one is now a bike shop and the other is a fitness center.

Q: What does that have to do with anything?

A: Nothing it is kind of an interesting fact that two health related companies can occupy and compete in a similar market in a high demand retail location.

Q: Aren't you digressing way too much?

A: Yes a little however you are still reading.

Q: Why am I still reading?

A: Because you are an information sponge.

Q: What foods should I be eating?

A: For starters you should not consume more than 2,000 calories per day and definitely consult and expert for anything above 2,000 with training.

Q: I thought you guys were the experts?

A: Absolutely not, we are not qualified to be giving any nutritional or medical advice and these questions and answers are designed to make you laugh and think. We have only been speaking with athletes about their training and nutritional habits.

Q: Where can I find the experts?

A1: Not here.

A2: You are the expert, read as much as you can, and always question everything, be cautious of books trying to sway you to make radical changes in your diet/life etc. Listen to your body and never assume what is good for someone else is good for you.

Q: What about the big vitamin manufactures claims?

A: Well, keep in mind the world largest manufacturer of vitamins is your body. Chances are you have lived this long because you have looked after yourself and the food you have eaten thus far has given your body the raw materials required to manufacture the necessary vitamins. It is difficult wading through all the different reports because everyone is trying to sell you something.

Q: What are you trying to sell me?

A: The experience of racing in an iron distance triathlon.

Q: What will the benefits be?

A1: You will feel a sense of accomplishment, knowing that if you can take on this challenge you will look at other challenges in life and not be afraid to take them on. The iron distance is daunting to say the least, however once you start training and racing you will find it less daunting, well until you actually do the race.

Q: Are there any side effects or negatives about doing iron distance events?

A: Unfortunately there are, as you risk becoming an SFA or Serious Faced Athlete.

Q: What is a Serious Faced Athlete?

A: Well just that, you start to take yourself too seriously and all the time you spend training you tend to think that someone somewhere owes you something. In life we are always taught that when you work hard at something you are to receive some kind of reward or something. It is ingrained in all of us from a young age, some a little more than others. We are taught to be winners and always try to be on top.

Q: What are you trying to promote or accomplish with the My First Triathlon Full and Half Iron races?

A: The goal is to create an event that people will take seriously but not too seriously in other words have them smell the roses along the way, train hard but then recognize signs of overtraining.

Q: What would you say are the priorities of the typical athlete who does the My First Triathlon Full or Half Iron?

A: Good health, relationships with friends and family, fitness and lifestyle.

Q: What event do you recommend doing, Full or Half Iron?

A: We recommend doing the Half Iron only.

Q: Not the full?

A: Nope.

Q: Are you serious, I want to do the full.

A: Yes, and we will be there for you.

Q: How can you be there for us but not recommend the event?

A: Simple we enjoy putting on events and we feel our style of event brings athletes the most enjoyment and pleasure. We feel the full iron distance is too long for most athletes and that the half iron distance is ideal in that you can train and still have a life outside of the sport. This being said we will continue to stage the full iron event because we feel it is important to the community to offer a friendly alternative iron distance event. Do not let our comments on this event distract you from attaining your iron goals, however we have been organizing events a long time and unless you enter the iron distance events with caution you may get too wrapped up in yourself. We feel that marathon running as well is too long, however half marathons and half iron events can promote an ideal balance of fitness and health.

Q: Are you guys a walking contradiction?

A: A little however, we would rather manage the expectations of the athletes so they are aware of all aspects, finishing an iron distance event is an absolutely wonderful experience however the half iron distance is equally as wonderful and has less potential adverse effects, ok maybe half as wonderful.

Q: How did the full iron distance become so popular?

A: In the early years of the Ironman in Hawaii Julie Moss crawled across the finish line which was televised world wide, since then subsequent athletes have also crawled across the line in fact a few years later two top female athletes collapsed with only a 100 or so yards before it was heart wrenching seeing them race crawl to the finish line. This gave the mystique that triathlon was a grueling sport.

Q: It would not be just that kind of exposure to make it so popular?

A1: Is that a question or a statement? Regardless, not entirely, great athletes like Scott Molina, Dave Scott, Scott Tinley were all very personable and great role models in the beginning years of the sport of triathlon, these athletes were all top athletes in the 80's and early 90's, as well as the Pountos twin sisters that dominated the sport for many years.

A2: The sport is dynamic and fun, if you get tired of too much swimming you can bike and run more and vice versa. The health benefits of cross training are always being promoted.

A3: Some people are just into self abuse.

Q: Why are you so compelled to do a full iron event?

A1: Well luckily you are not compelled to climb Mount Everest because if you were then you would have about a 10% chance of getting killed obtaining your goal. The death rate has remained at one death for every 10 successful attempts to climb Everest for many years, the British Medical Journal report states. And luckily for those climbers K2 is not higher otherwise that number would be much higher. K2 is a much more dangerous mountain to climb, imagine that!

A2: It is human nature to want to push yourself to the limits of your capabilities the iron distance event truly will take you to the limit.

Q: Sounds like you are trying to talk me into the race again, are you?

A: Well it is a lot of fun.

Q: What happened to all those caution remarks?

A: Like we stated before we want you to have a most enjoyable experience, if you are aware of the pitfalls then you will learn to avoid them, many, many athletes have competed in numerous iron distance events and have still maintained normal lives outside of their sport, however we want to point out the others who become a little too obsessive.

Q: Are you calling me obsessive?

A: Ahhhh, no in fact where did that come from? I think you should turn off your computer and go for a run.

See you at the races!

The preceding message was created for entertainment purposes only and should not be relied on for any of your lifestyle changes or lawsuits against anyone. If you try and hold us to anything written above first of all we will deny it, then blame it on either computer error or claim that someone hacked into our website and put up these messages. If you do decide to compete in the full iron distance event then consider yourself forewarned, hey we told you so!

Competing in triathlon may limit your ability to relate with those who do not compete in triathlons. You may suffer from loneliness, or even make a lot of new friends in fact you may have too many new friends that always want to do healthy activities which may reflect on your ability to sustain friendships with your poker playing lifelong friends. At this time there are no clinics for treating relationship problems between you and your bike so careful you do not over train. If any of this website has offended you, your co-workers, friends or family, we want to know, if you have read this far then you must like abuse, so essentially you are half way to becoming a triathlete, in this case perhaps it is you and not us that is causing your grief and you are projecting your grief back on yourself via this website. If problems persist, see your specialist.

In closing if we have offended any female readers out there, please accept our apologies, and if there are any male readers that are offended, just get over it.