

ORCA FACEBOOK COMPETITION: TRI DO'S AND DON'TS

Anthony	Agnello	Tri Don't: If you clip your shoes on your bike before the race don't clip on the left shoe to the right peddle and the left shoe to the right peddle. when you mount your bike you realize fast that you messed up and then have to try to switch shoes while riding in a desperate attempt not to lose time to your competition.
Park	Alsop	Don't put your watch over your wetsuit. Makes BIG trouble after you've taken it off except the left wrist is pinned by the watch. Was pretty hilarious watching me slap the wetsuit around like a dead fish as I was running up to transition trying to get it off my wrist!
Chris	Athey	Do: Practice knowing the in and outs of the transition area in order to make sure you can save as much time transitioning as possible.
Chris	Athey	Don't forget body glide, especially round the neck, haven't had that problem yet with my orca one but when I first started I used a rental scuba wetsuit and gained a nasty scar on my neck.
Ken	Behan	Don't forget to take your wetsuit off
Brian	Bittner	When you come out of the water get controll of your breathing and you heart rate. Don't panic just breathe!
David	Butler	when setting up your T1 transition, DON'T clip in your right and left shoes on the wrong sides of the pedals when you are in 3rd place after the swim! lots of people pass you as you fix the problem!
Roxanne	Camirand	Do know where you T1 and T2 gears are, Do take off swim cap: more comfy, Don't forget to unclip in the dismount area...makes it easier of a run! LOL!
Glen	Christensen	Do wear your Orca suit! Don't wear anything less!
Robin	Clevenger	Tri Do: Leave your bike in its lowest gear when you rack it. That way if you have to go uphill right out of the transition area, you're not struggling. Tri Don't: Don't fasten your wetsuit in a hurry at the beach start. Take the time to get your zipper pull squared away and velcro covered. Unless the water is very cold,... get in and warm up for a few minutes. If the water is very cold, make sure you splash your face to prevent the Vagus Reflex (hint: it's not a new dance style)
Justin	Corbett	Tri Don't: Don't grab the wrong bike. I grabbed the wrong bike that was racked close to me (same model and color) and thankfully realized what I had done soon enough to go back. It wasn't until it noticed that there was no aero bottle their and thought to myself-hmm that is strange as I remember filling it in the morning--and who is the jerk ...
Sophie	Corbridge	Tri Don't: try to avoid spitting phlegm over your shoulder on the bike, when it lands on the face of a french athlete. The abuse is not pretty!
Emerson	da Rosa	Do your best night sleep 48 hours before the race.
Steven	DeQuincey	Don't leave your socks inside out in transition and then don't notice until you need to out them on. That's what I dis at Ironman 70.3 Austria this weekend, MIT have cost me a few seconds!
Alex	Dodds	Tri don't: expect there will be a duathlon section and show up with no wetsuit or goggles!
Robin	Frankland	Don't setup in transition next to your brand new team mate. Her size 7 Puma running shoes will give your size 10 feet serious blisters on the run.
Aaron	Franklin	Do carbo load and have sex the night before race day. Helps you sleep sound and you'll have a little bounce in your step for that run.
Jim	Freeman	Tri don't: don't eat a one pound beef burrito the night before a race. Unless you want to spend your race trying to keep it down while at the same time trying to keep it in, if you know what I mean....
Martin	Frewer	Try not to smoke, it does slow you down, especially if you have to roll it first
Andrew	Garwood	Don't forgot to enjoy the excitement and great atmosphere a triathlon presents. If you get too pre occupied with yourself you will not enjoy it and your performance will suffer
Nicky	Gray	Tri don't: change your handlebar tape colour the day before a race then when you get into transition you are looking for a dark bike with pink handlebar tape only to discover... urs is now a dark bike with black handlebar tape!!! Minutes were wasted before coming to this conclusion and yes I am blonde!
Shannon	Greene	Tri don't: Forget to start the race! This is a general tip for all athletes, but don't get so caught up in visualizing your performance just beforehand that you miss the race start. True story - happened to myself and three other girls behind the blocks for a swim relay at a championship meet. We were so intent on our visualization that we ... See More completely failed to notice that not only did we miss our race, but that the coaches and parents had been screaming at us the whole time across the pool. Oops!
Duncan	Griffiths	Tri Don't: If you are riding behind some one and you feel your self getting splashed, and it ISN'T raining, MOVE!!! Took me a while to figure this out the first time, a mistake I will only make once!
Tim	Hacker	While treading water waiting for the start gun DON'T try to tighten your timing chip strap almost losing it in the water and having to swim with it in your crotch !
Christine	Herald	Do be in to win!!!
Michelle	Hext	Realise you have never gotten around a swim marker bouy until you actually arrive AT THE MARKER BOUY! Hard to scratch your head and swim at the same time :)
Mark	Hughes	Do show up early so that you know that the transitions are in two different locations! It helps to have your shoes near your bike when you park it!
Hai-Ping	Hwang-Twigg	Tri Don't: Don't think it is a good idea to do a triple espresso shot withing 30 minutes of getting into the water...I had heartburn then entire swim...then took in so much water in the swim at the beginning of the bike I had to lean over and vomit...ugh not a great race!
Lorena	Imaña	Tri do: visualize all ur moves on the race course before the start. Tri don't: forget to put foot powder on ur running shoes.
Brandi	Johnson-White	Tri Don't: Don't forget your swim gear. That happened to me yesterday in the Gold Nugget Triathlon in Anchorage, AK. I was about to start the swim when i realized i left my cap and goggles at home. After i had a brief panic attack i ran into someone in my swim group who let me borrow their extras. i think all the panic and excitement helped me propel faster though.
Richard	Jones	Do: Race with a smile on your face! Nothing better than crossing that finish line with your family cheering! Your victory is their victory.
Jim	Kozak	Do: remember to take off your bike helmet before starting the run
Patricia	Laing	Don't think you can do an Olympic distance on a bowl of oatmeal 750ml of eload and one powergel and not suffer any ill effects!!
Simon	Lash	Tri Do - spray a little WD40 (or similar) on your brake calipers (carefully - not to get it on the pads) especially if your bike has been racked over night . Lesson: riding 19km of IMNZ with front brake locked on (squeezed it leaving T1 to mount bike) carbon rim too hot to touch and alot of energy wasted!!! :-)
David	Laskey	Do: practice your T1 and T2, especially the bike mount and dismount. Faceplants at the Mount / Dismount line may make the YouTube highlights, but you want to be remembered for how good you looked in your Orca wetsuit, not America's Funniest Home videos
Michael	Légaré	Do your best - don't beat yourself up.
Scott	McNab	Don't forget to breathe.
Seb	Navarro	Raced a last minute sprint tri earlier this year, used my adapted road bike shoes (elastic around it not the catch to make it easier!). Finished swim in the top group, finished the bike with the top group but upon coming into T2, I could get one foot out of my shoe but not the other. I decided to put my foot back in my shoe and unclip and jump off ... See Morewith shoes on. Fair enough, except I was probably going at 20kph as I crossed the dismount line and proceeded to Ice Skate myself (holding onto my bike with one hand) straight into the ranking! Luckily enough I ended up going straight into my space. My friends watched and laughed (wishing they had a camcorder, to send off to You've Been Framed) as I added a 5th discipline into triathlon! Lesson learnt - use your proper tri bike shoes and dont enter the night before the race!
Seb	Navarro	Tri Do: If you feel slow open water swimming, imagine that there is a large pike (fish) in the lake. This will hopefully make you swim faster. Its also not uncommon to have such large fish in some of the Welsh Lakes!!!
Renee	Patrick	Tri don't: don't forget the bikes
David	Ridley	Tri Do - Remember to spit into your goggles before the start of a race to avoid them fogging up during the swim.
Avantiplus	Robina	It's obvious but don't try anything in a race you've not done in training! Oh and if you can't do it in training then you won't in a race...
Chad	Ross	Tri Do (and don't): Don't accidentally switch wetsuits with the guy next to you after the race; and then not bother to check it or rinse it out before the next race. Right before your swim start is a terrible time to discover you've switched wetsuits with a guy 6inches and 30lbs smaller than you ... At least they were both ORCA suits (truthfully!!!)
Allen	Russell	Don't use bag balm when you need Vaseline....it just is not the same even if it is the only thing available as you wander of course into a campground begging.
Rohan	Smith	Well, advice for what happened to a mate. Don't run past a mate in a tri and slow down to unzip his tri suit, then get upset when you lose a podium spot by 3 seconds.
Jodie	Stimpson	When i competed in the European Youth Relay Championships the team managers made the team were Pyro pedals for the quick transitions, but as i was not use to using these i ran out of T1 with no trainers on expected my shoes would be attached to my bike when i jumped on, so i had to do the bike with no shoes ,just my feet on the plastic pyro's and then put my trainers on in T2 so lesson learnt don't change what isn't broken!
Andy	Sutton	Triathlon Don't - don't pick a transition spot right by the transition exit if there's a relay option or be prepared to yell at people to get out of you way getting to and from your bike
Scott	Troy	Do practice swimming in cold open water (not just the warm confines of your club pool) with your wetsuit on before diving head first into an ice cold Wisconsin lake for your first ever triathlon swim. Otherwise expect your body to resist and for you do some hyperventilating. Don't wear brand new swim goggles from the ...expo on race day. It's a good chance they will either be too loose or too tight resulting in distractions (mostly stopping to try to fix them or see - pick one) and usually a poor swim time. If the strap breaks the day before & you must - replace the strap (not the lenses) & test the fit in the shower.
Simon	Tsang	Do have FUN!!!
Lennie	Tuve	DO force yourself to use bathroom before the race!
Bjorn	Vijayanagar	Before longer races (including marathons, etc...) I take a couple of Imodium the night before to prevent any GI upset from all the gels and energy drinks. That way, there's no searching for a porta-potty towards the end of the race!
Joel	Vikner	Don't have your Start-envelope-from-your-last-race-two weeks-ago wrapt up in your running shoe. It is more comfortably without it.
Michael	Walker	Tri don't: Don't forget to take you helmet off before starting the run. Yes, I've done it
Clay	Walsh	DO NOT refrain from going to the porta-potty on the bike leg if you have even go "a little". And then, don't skip it in the T area just to save time. Bit me in the butt on Wildflower when I got to the run and there wasn't a stop until a mile and half into it. Luckily I made it! Do taper smart the week before a big race.
Michael	Warren	Don't lose a race in the finish chute!
Marinus	Waterberg	Remember to take your gel out of your shoe before starting out on the run. My wife did her 10k run leg with one still under her toes. (Am I in trouble for saying she did this ?????) Gell cushioned shoes are nice, but not this type. And you can't absorb your nutrition through your toes. Surprisingly - no foot problems in the end, and the package didn't even break.
Paiwei	Wei	I try to keep extra electrolytes in a sealed zip lock baggie on my race belt (for cramping on the course) and safety pins on my race belt (in case the race numbers get torn on the course).
Sheri	Whitaker	Don't leave T2 with one running shoe on and one bike shoe on. Not too comfy :)