



Swim Practice/ Bike Check In/ Bike Mechanics Course Brief Handout

SWIM PRACTICE

Saturday, September 11: 1 PM – 4 PM

To swim all athletes **MUST:**

- Have a race bracelet on their wrist. No exceptions. That means you must come to the expo and pick up your packet before swim practice.
- Check in with event staff by the river (and check out when you get out of the river)
- Wear a swim cap (it does not have to be The Nation's Triathlon swim cap)

The swim practice course is a single loop 400M long. Keep all buoys on your left. Kayaks and lifeguards will be on patrol.

We recommend riding your bike down to the swim practice and taking the shuttle system back.

NO DROP OFFS OF ANY KIND ALLOWED ON INDEPENDENCE AVE





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BIKE CHECK IN

Saturday, September 11: 1 PM – 8 PM

The Nation's Triathlon requires that all bikes be racked in the Transition Area on the Saturday before the race from 1 PM – 8 PM

- Bikes must have the official Nation's Triathlon bike number affixed on them before they can enter the transition area and athletes must have on their race bracelet
- Bike mechanics will be onsite to provide limited bike maintenance including minor mechanical problems. Bring a pump and share it with the person next to you
- We recommend that you ride your bike down to the swim practice and take the shuttle system back to the Washington Hilton.
- Allow us to body mark you on the way into the transition area to check your bike, it will make things smoother on race day.

BIKE MECHANICS

Saturday, September 11

Bike mechanics available in transition area NOON – 8 PM

Limited maintenance only – take your bike in for a pre-race tune-up before race weekend

Sunday, September 12

Bike mechanics available in transition area 5 AM – 9 AM

Limited maintenance only – take your bike in for a pre-race tune-up before race weekend

REMEMBER YOUR BAR END STOPS THEY ARE REQUIRED BY USAT.

There is no bike mechanic on duty on the course itself so please bring a patch kit, spare tube/tire and means of inflation with you on your bike.