

TRIATHLON

HISTORY OF THE TRIATHLON

TRIATHLON'S ROOTS CAN BE TRACED BACK TO 1974, MISSION BAY, SOUTHERN CALIFORNIA WHERE A GROUP OF FRIENDS BEGAN TRAINING TOGETHER. AMONGST THEM WERE RUNNERS, SWIMMERS, AND CYCLISTS. BEFORE LONG, TRAINING SESSIONS TURNED INTO INFORMAL RACES. THE FIRST MISSION BAY TRIATHLON WAS HELD ON SEPTEMBER 25TH 1974. A TOTAL OF 46 ATHLETES PARTICIPATED IN THAT RACE. TRIATHLON'S FOUNDATION HAD BEEN SET.

IN HAWAII, 1978, JUST 4 YEARS LATER, AN ARGUMENT AROSE REGARDING WHICH OF THE THREE DISCIPLINES REQUIRED THE GREATEST ENDURANCE. AT THE TIME HAWAII HOSTED THE 'WAIKIKI ROUGH WATER SWIM' (2.4 MILES), THE 'OAHU BIKE RACE' (112 MILES), AND THE 'HONOLULU MARATHON' (26.2 MILES). ALTHOUGH ORIGINALLY EVENTS IN THEMSELVES, THEY WERE ROLLED INTO ONE, TO BECOME THE 'HAWAII IRONMAN TRIATHLON'. THE FIRST EVENT ATTRACTED ONLY 15 ATHLETES, AND OF THEM ONLY 12 CROSSED THE FINISH LINE. BY 1982 THE NUMBER OF PARTICIPANTS HAD GROWN TO 580 COMPETITORS. LAST YEAR OVER 3000 ATHLETES COMPLETED THE CHALLENGE. THE FASTEST WOMEN FINISHED THE COURSE IN JUST UNDER 9 HOURS, AND THE FASTEST MEN FINISHED IN A LITTLE OVER 8 HOURS.

EVENTS, EQUIPMENT, & STRATEGIES

SWIM:

AT THE STARTING GUN SIGNAL, THE RACE IS ON. TRY TO **RUN AS FAR AS YOU CAN INTO THE WATER BEFORE YOU START TO SWIM**. YOU WILL WANT TO HAVE ON GOGGLES TO HELP YOU SEE. **SWIM IN A STRAIGHT LINE** TO THE EXIT BEACH. **STAND UP** WHEN THE WATER IS WAIST HIGH AND **RUN OUT OF THE WATER** TO THE BIKE RACKS.

TRANSITION:

RINSE YOUR FEET, DRY YOUR FEET, AND PUT ON YOUR SHOES AND SOCKS. UNRACK YOUR BIKE, **RUN IT** TO THE STARTING LINE, GET ON, GET GOING.

BIKE:

THE HOME STRETCH SIDE OF EACH LAP IS FACING THE WIND. **BEND OVER AND TRY TO CUT YOUR DRAG**. CHOOSE A GEAR THAT HELPS YOU **PEDAL SORT OF FAST, RATHER THAN HARD**. DRINK WATER WHILE RIDING THROUGH THE DOWNHILL SECTION IF NEEDED. REMEMBER THAT IT IS A SHORTER DISTANCE IF YOU **RIDE TO THE INSIDE OF CURVES, AND CORNERS**. BE CAREFUL IN THE TURNS THERE MIGHT BE SANDY AREAS. DURING THE LAST QUARTER MILE OR SO, **CHANGE GEARS AND PEDAL FASTER**, OR YOU WILL NOT BE ABLE TO RUN WELL.

TRANSITION:

RUN YOUR BIKE TO THE BIKE RACK, RACK YOUR BIKE, AND CHANGE SHOES IF NECESSARY. YOU SHOULD NOT NEED WATER, BUT IF YOU DO, TAKE **ONLY A SMALL DRINK**.

RUN:

START RUNNING WITH A GOOD PACE. IF POSSIBLE, TRY TO **RUN BEHIND**, AND KEEP UP WITH **SOMEONE AS FAST OR FASTER THAN YOUR BEST PACE**. AS YOU TURN THE LAST CORNER TO THE HOME STRETCH, **CHECK YOUR COMPETITION**. THE RUNNERS FAIRLY CLOSE BEHIND YOU WILL TRY TO PASS YOU. THAT SHOULD ALSO BE YOUR GOAL. **PASS ANYONE WITHIN 100 YARDS** AHEAD OF YOU. **RUN HARD**, BREATHE IN THROUGH YOUR NOSE, BLOW OUT HARD THROUGH YOUR MOUTH.

FINISH:

RUN THROUGH THE RIBBON, DON'T SLOW DOWN UNTIL AFTER YOU PASS IT. **GOOD JOB**

EXTRA NOTES

FLOPPY SHORTS, OR A FLOPPY SHIRT WILL SLOW YOU DOWN. SHOES THAT ARE LOOSE WILL CUT INTO YOUR TIME. STRETCH SHORTS WILL HELP, FORGET THE SHIRT, AND ABOVE ALL - LACE UP YOUR SHOES PROPERLY. **TEAM 352 GOAL – EVERYONE FINISHES**