



# JOEY HANNAN MEMORIAL TRIATHLON A BEGINNERS GUIDE

Prepared by  
The Limerick triathlon Club



## 1. PRE-RACE PREPARATION

Being prepared can make a real difference to the enjoyment of your triathlon.

### Training Gear & Gels

It's not advisable to go into triathlon races with new gear; new gels or drinks. Make sure you have trained in or tried on the gear you will race in and that it is all comfortable. If you plan to take on extra nutrition - test your gel or energy drink.

### Nutrition

Think about your nutrition in the days building up to the race. Eat well 1-2 days before the race. Drink plenty of water don't wait till race day to load up on carbs & fluids.

### Print/read your pre-race e-mails:

About 1 week before the event the Race secretary will send out a Race Briefing, outlining registration times, wave & start times and any further points of interest. The route maps will be published on The Limerick Triathlon Club website [www.limericktriathlon.com](http://www.limericktriathlon.com). (These may be subject to slight changes which you will be told about on the day).

### Registration

Every race holds a registration where you will need to confirm you are taking part. This is held the evening before and on the morning of the event. You will sign on and receive your race number, timing chip and any other race goodies. Try to get there the evening before.

### Licence

As this is a Triathlon Ireland event, you will need Insurance. This means you need to have with you your TI Membership card or a One Day license to race. An ODL is available to purchase in advance from the Triathlon Ireland website – print out a copy you bring with you. This must be bought well in advance of the race don't miss the deadline.

**No Membership or License = NO RACE**

### Timing Chips

You will be given a timing chip at registration. Timing chips are on Velcro straps that are worn throughout the event and will give you full break down of your times for each stage afterwards. You should wear this strap on the left leg (that way if it loosens it can't get tangled in your bike mechanism on the right).

### Race Number

You will be given a paper number too – this does not need to be worn in the water, but must be on your back for the bike section of the event, and on your front for the run.

(You can use a race belt for this, but you can pin the number front and back to whatever you will be wearing)





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## 2. RACE DAY – SET UP

### Transition/Bike Park setup

After you are registered to race, you can bring your Bicycle in to the bike park or Transition area. This is in the car park beside the Arena. Entering the bike park, the Race officials will check your brakes, ensure your bike is roadworthy and make sure you have a helmet.

**NO HELMET = NO RACE**

**ANY KIND OF A BIKE – MOUNTAIN, HYBRID OR RACER IS FINE ONCE IT IS ROADWORTHY**

For the Joey Hannan event, the bike racks are usually not numbered, but there is a space allocated to the different race distances (Try a Tri, Sprint, Olympic and there is also a junior area).



Find your spot and set everything up. You will leave your Helmet, sunglasses, race belt (if using) jacket, socks and Run shoes here ready to use after the swim. Your things should be lined up neatly by your bike – it is often good to have a towel to stand on, but bags and boxes are not allowed. Put your bike stuff near the front, run stuff towards the back for later.







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## 3. RACE DAY - SWIM

The swim will take place in the UL pool. It's 50M in length and in the Tri a Try, participants do 6 lengths (300M) and 14 on the Sprint (700M). If you have chance it's a good idea to come in and swim in UL in advance.

You will be allocated a start 'Wave' or group in advance, as well as a Lane. A number of swimmers will be allocated to each lane and they will swim in single file.

There will be Marshalls on each lane to count your lengths; everyone should ideally have a different coloured swim hat – the more outrageous the better! You may be asked to switch hats if everyone turns up with the same colour.

Between you - you will decide who goes first, so be realistic about your ability. If you are not too confident stay to the back and take your time – it's OK take a break if you need to at the end of the length. If someone is slowing you down, you can overtake but only at the end of the lane. If you feel someone tapping your feet, pull in at the end and let them past at the end of that length – it won't make a huge difference in the end.

Many participants will wear tri suit - a lightweight one piece

that is worn for the entire race. Other options are to swim in a swimsuit and then put on more clothes when you get to your bike, or wear lycra run shorts and technical top. The clothes will dry quickly once you are on the bike and unless it's a very cold day, this is generally enough. Ladies can wear a bra of course, but avoid cotton as it may take a while to dry and chaffe.

You will run from the pool to the transition area – the tiles can be slippery. Take your time.

### SWIM CHECKLIST:

- A swimsuit/Trisuit/shorts and top
- Goggles
- Hat





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## 4. RACE DAY - BIKE

After finishing your swim, you leave the pool through the exit on the right and cross over to the Bike park/Transition area. When you get to your bike, stand onto the towel cleaning your feet. Take off your hat & goggles. Put on the extra clothes, your socks and shoes & visible race number.



Put on your helmet & take your bike, following the Marshalls instructions. You will need to walk with the bike, until you reach the MOUNT line, after which you will be allowed to cycle. Don't hang around at the line, move away from the line before you try to mount the bike

The route is an out and back and you will see marshals and Gardaí along the way ensuring your safety.

Obey the normal rules of the road, and any instructions given by the marshals. It's a good idea to have drink on the bike.

When you get back, you will be instructed to DISMOUNT your bike a little back from Transition and again run with the bike back to your spot, where you can rack your bike, only take off your helmet, turn your number around to the front .....and get ready to run.

### BIKE CHECKLIST:

- Fully serviced and road worthy bike
- Helmet
- Water Bottle
- Cycle Shoes / Runners
- Race belt
- Sun Glasses







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## 5. RACE DAY - RUN

You have racked your bike and turned your number, you are ready to run. are on the home straight.

This is the final section! Don't sprint off too fast, it's not unusual for your legs to feel like jelly and you may find it difficult to run.

Stick with it and before you know it you will be heading for the finish line, having completed your first triathlon!

Take your time, smile at your family, smile for the camera ☺ You photo will be available online afterwards.



### RUN CHECKLIST:

- Runners
- Smile
- Elastic laces optional



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## 5. AFTER THE EVENT

Cool down, relax and enjoy watching and cheering on other participants.

You won't be able to get your bike straight away as the other races will still be going on. The Olympic Distance event is part of the Irish National series; so many top Age group athletes will be taking part trying to pick up points, which will go towards a league for the season.

Post race massages will be available as well as food and drink in the Sport Bar. Full results and photos will be available soon after the event on [limericktriathlon.com](http://limericktriathlon.com) and [facebook.com/limericktriathlonclub](https://facebook.com/limericktriathlonclub)

The prize giving will be held in the UL Arena at approx. 4:30 depending on the race. This information will be in your race briefing email.

Then we hit the town.... Check out the Facebook page details of the nights activities. Traditionally we have had a BBQ in Flannerys Bar, Dernmark Street, Limerick.

