

CLOTHING DECISIONS and OTHER TIPS by Craig Mavis

- Take 3 kinds of gloves to Bachelor to decide what you want to wear when you are up there. (Consider how hard or easy they are to take off during transitions, velcro is good):
 - Bike gloves with no fingers – Used only 1 out of the last 9 years...only if weather is really warm...can be kept on during the run for the paddle leg...these are harder to get off though at the bike to run transition.
 - Bike gloves with fingers – Used most of the time to combat the wind/cold of the downhill bike...easier to get off
 - Warm Nordic ski gloves – Used at least 2 out of the last 9 years...needed for the cold downhill bike leg which often happens.

- Decide between arm warmers or long sleeve jersey... Both need to be taken off at the bike to run transition (except for one year, it was cold!)...Only one year was I able to ride the bike with a short sleeve jersey on.

- Decide between Bibs or Knickers... again, what you need most is protection from the wind on the bike down the mountain... most of the time I choose knickers.

- Decide if you want a thin cap under your helmet – 60% of the time you will need one. You will find the bike portion from Bachelor to Sunriver road is the coldest part...after that, it get's better.

OTHER TIPS (in no particular order)

1. Have a labeled bag for the items you need for each transition (make sure they include water bottles, snacks, shot blocks, banana, etc) so your support crew doesn't have to remember anything other than to grab the correct bag.
2. Include a carpet to sit on when changing from x-country to bike.
3. Yell your # to the bike volunteers to make sure they call it out when you come into town.
4. Give your support crew a timeline of your estimates for when you will make it to each transition (just base on your 10k pace for the running, how long it takes you to cycle 22 miles, mostly downhill).
5. Make reservations for dinner after the race and treat your support crew to dinner - it keeps them coming back to help you, year after year.
6. Have a change of clothes at the finish.
7. Assemble/organize/borrow ALL of your gear on the weekend prior and arrange it by leg/transition. Then you'll have a week to come up with anything missing - this will save a huge amount of stress and get you to bed much earlier Friday night.
8. Make sure your support person has your ID so you can get a beer after competing
9. Taking a practice (alpine) run can make you miss your start, so be careful.

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10. Wear layers depending on weather, proper wax for conditions on xc ski, bike is tuned up, practice paddling and have fun.
11. Probably should never wear bike shorts on the ski run. If you fall, you will get ice burns.
12. Make sure you know where all the transitions are
13. Stay clear of the canoes! :) Anyone can fake a run or bike but gosh newbie paddlers will set you up for a swim for sure.