

TIPS FOR RACE by Craig Mavis

If you are a skier, use find old rear entry boots, remove the padding, and fit your Nordic boots inside. You will likely have to buy at least one size larger.

If you are a snow boarder, use your Nordic boots on your snowboard. You are able to run up the hill a lot faster...however, you loose a few seconds putting on the board at the top. At the bottom, the transition is easy to the Nordic skis.

I have found that while going around the parking lot on the Nordic leg, you tend to max your heart rate out...try to hold back and stabilize heart rate prior to entering the woods...make the most of the first half of the course which is downhill.

Practice getting out of your skis prior to the skate to run transition in your living room. 5-10 seconds can be lost here if not done right.

Your support person should have your running shoes (withy quick laces) down ready and your bike ready to go as you run up to the transition. Running shoes in peddle baskets replace the need for actual bike shoes) Do not take energy drink or Gu at the transition...this is done on the bike to save time.

You have about a mile from the parking lot to where you start the downhill bike to take on fluids and Gu/shot blocks...make sure you are topped off with fluids as on the downhill you can't really take your hands out of the aero-bar position.

I check my time at Meissner and at Seventh Mountain to see how I am doing with the bike leg...times are taped on my bike frame. (times noted from a pre-run bike)

When you reach Seventh Mountain, you have about 4 miles to go...you need to make sure when you are at the bike-to-run transition, you don't have a belly full of fluid...you need just enough to carry you through the run...I usually take a "sip" just prior to the run (while I am on the bike") to moisten my mouth.

Hopefully, your support person listens for your number "call out" and is ready with your running shoes and to take your bike, helmet and arm warmers or long sleeve top. Your transition should be no more than 15-20 seconds at the most.

If you have trained with at least 8-10 "bricks" in the last month, you should be in good shape for the transition...if not, you will find out!

Take it easy for the first ¼ mile until your legs get used to the transition...then open it up till you get down to the river...you can make a lot of time here as everyone else is getting used to their legs...For the remaining part of the run course, just go steady and fast and treat it like the end of the race is the run...the kayak is all arms and torso and the final "sprint" is whatever you got left.

As you come into the run-to kayak transition, remember where your boat is...it will look a lot different than when you put your boat there Friday night.

When you arrive at the boat, take some electrolytes first (throw away bottle)...then put on your PFD, grab your paddle, boat and carry down to the water...watch for traffic and lollygaggers trying to put their boat in.

Get in the center when going down stream, stay close to shore going up stream...use your abs/torso (not your arms).

As you get out of your boat and run, remember your legs will have shut down as they were stopped fast from the run and not let a chance to warm down...your legs won't want to run very fast till you're almost done...just push as hard as you can on this portion (it hurts)...the guy in front of you may be in your age group!

Talk to yourself the entire race...no negative thoughts...praise yourself on what is behind you...plan the transition...the bike leg is the loneliest!