

Reverse Triathlon Common Questions

What's the order of the events in a Reverse Triathlon?

A typical triathlon (swim, bike, run) begins with the swim. With a reverse triathlon the run comes first. Your first transition will be run to bike and the second transition will be from bike to swim.

If we run first, are we going off in waves or all at once?

There are two waves to the Reverse Triathlon. The first wave begins at 7:00am for participants (men and women) with a finishing time of 1 hour and 30 minutes or below and Relay Teams. The second wave begins at 9:00am and includes participants (men and women) with a finish time of over 1 hour and 30 minutes, Athena, Clydesdale, and Challenged Athletes divisions. For the Reverse Triathlon, both Waves 1 & 2 will have age division awards and only overall top three male and female finishers and Relay Teams will qualify to win overall awards in Wave 1 (competing under 1 hour and 30 min). All participants within each wave start will set off all at once commencing with the run. The natural elongating effect of some athletes going faster and some going slower will provide an even flow of athletes into the pool for the final leg of the triathlon.

Each person/relay will complete a 5K Run, 13.1 Mile Bike and 200 Meter Pool Swim. **The start of the Triathlon is near the Vendor Expo and Registration Tent closer to the Pool.** During the run all runners must stay on the right side of the cones. The bike will do 2 laps around the runways. The Bike will stay to the left side of the cones. After your 2nd completed lap, you will turn right and return to the transition area.

Where is the Mandatory Meeting held?

There is a Mandatory Meeting 30 minutes prior to each Triathlon wave held in the Transition Area. You should have your bib out to present to Security as you enter the Transition Area. **Only athletes are allowed in the Transition Area.** As you exit the Transition Area, once your race is complete, Security will ask to match your bib number or body marking number to your bike number. This is for the security of your bike. Be prepared and make sure your bike sticker is on! Body markings of your bib number will be done by volunteers in the Transition Area.

Is the transition area close to the pool?

The transition area is close to the pool and the path is PAVED. You may bring a pair of sandals to go from the transition area to the pool deck. There will be a sandal kick-off area just to your right before you enter the pool. Your sandals will be easily accessible after you exit the pool. Transition Area closes at 2:00pm.

What are the event rules?

- No glass in the transition area
- No riding your bike in the transition area
- Your helmet must be buckled prior to mounting the bicycle
- No Drafting (closer than 3 bike lengths behind another rider)
- No Blocking (not riding to the right and preventing another rider from passing on the left)
- No i-pod/headphone usage during the event
- No diving into the pool – feet first entry only.
- No pulling yourself along the lane lines or the wall.
- You must touch the walls of the pool when making turns for each lap.
- If you need lifeguard assistance, you will be removed from the pool and DQ'ed from the event.
- No flotation devices/assistance or fins are allowed in the pool.

Can I bring my dog to the event?

No pets are allowed on Base. (Service Animals are allowed)

Are bike racks assigned?

In the transition area bike racks will be assigned by age group category, special categories, and relay teams. Relay teams will have their own area to tag off each member. Transition area opens at 5:30 am to accommodate triathletes with children in the Jr. Reverse Triathlon.

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Will there be fluid stations on the course?

There will be 2 fluid stations on the run course. There are NO aid stations on the bike segment. Bicyclists will be responsible for their own fluid. (NO littering on the course)

Other things to note:

All athletes are required to wear race numbers and chips at all times during the race. If you are part of a relay team the chip must be passed to next member at their designated transition area (Race bib from runner to biker).

The Mandatory Meetings are held at the Transition Area before each wave start.

Transition Area: You may not ride your bike in the transition area. There is a bike mount area and when you return from the bike, you must dismount off your bike before you enter the transition area. All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral.

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Be aware of the speed bumps once they leave the transition area on their bikes and upon their return to the transition area.

Be safe, be courteous, be kind to each other and HAVE FUN! Let spectators (family and friends) know to stay off of the course for their safety and your own safety.

The transition area closes at 2:00pm. All items must be removed before then. Make sure when you return to the transition area after the swim, you keep your bib number or have your body marking number in order for it to match the bike number so you can remove their bike from the transition area.

Results and awards will be located at the grass area near the pool.

Can I pick up my friend's bib number at packet pickup on Friday at the Registration and Vendor Expo Tent at the Joint Forces Training Base?

All participants must be present, have a valid photo ID, and sign a waiver form to pick up your packet. If you are unable to be present, you must fill out and sign an authorization/waiver form and attach a copy of a valid photo ID for someone to pick up your packet.

What is the schedule of events?

See this on www.raceonthebase.com click "Event Info" then click "Event Schedule"