



## FAQ – Galloway Captiva Tri at South Seas Island Resort

---

### **What is a triathlon?**

A triathlon is a three-part race consisting of swimming, bicycling and running. There are four possible distances ranging from sprint (roughly 1/4 mile swim, 9-15 miles bicycle and 5-8K run) to the ultra length (sometime called an Ironman), which is a 2.4-mile swim, 112 mile bicycle and 26.2 mile run. The Galloway Captiva Tri at South Seas Island Resort is a sprint triathlon.

### **Why do we swim first, bicycle second and run last?**

The swim-bike-run combination is the safest. Because tired athletes can cramp or experience more distress in the water, the swim is first to ensure the safest environment possible. Next, due to the speed some athletes may be riding, we want them alert and responsive -- so the bicycle portion is second. The run poses the least threat as tired athletes can run, walk or (by USAT rules) crawl, so it is last. We work really hard to make each part as safe as possible. For the swim, we will have 1 lifeguard per 35 swimmers in the water. We'll also have two rescue boats. For the bike, we are closing the road to all but emergency vehicles. We are also putting out cones and other safety equipment. The run will occur on a closed course as well.

### **Do I need any special equipment or clothing?**

You will need an outfit that you can wear for all three parts of the race. Bike shorts or water shorts, a fitted top (and for women a sports bra) will work. Swim goggles are a good idea for the swim, but not required. We will provide you with a latex swim cap. For the bike, you'll need a bicycle (of course), an approved bike helmet and some sort of suitable shoes. You will want a water bottle. For the run you will need shoes you can run in. We'd also suggest a visor or cap, sunglasses or whatever you like to wear to run. What you CANNOT use is an MP3 player or iPod. Of course, we encourage you to wear sunscreen.

## **What is a team?**

A team is comprised of three people, each doing one part of the triathlon. For those who are new to the sport, it is a good way to try it out. Teams are also a lot of fun.

## **What do I do with my stuff during the race?**

All the athletes have a rack spot for their bike during the race. This spot is called their transition area. You can store your equipment and whatever you may need for the event as long as it fits under your bike. You may not store bags in this area unless they fit directly under your bike. After you swim, you will return to transition to put on your bicycle gear and head out to bike. When you return from the bike, you will change into your running gear and head out for the run. We will have people stationed in transition to make sure that only athletes can enter. We make sure that your race number on your bike matches the race number we write on your body.

## **What about safety?**

We have prepared safety plans for all parts of the event. Lifeguards in kayaks and Sheriff's Office boats will be the most obvious during the swim, but we will also have EMS and fire department people on the beach and in boats. The bike course will be closed to traffic except to emergency vehicles (although we can't rule out an errant driver), and the county has agreed to sweep the roads a few days before the race. We are also placing hay on in a couple of spots where large rocks are just off the road in an S turn. The EMS bike team will be riding the bike and run courses in case of emergency. Those are just the things you will see. Lee County EMS, the Captiva Fire Department and the Lee County Sheriff's Office have made all kinds of emergency plans to anticipate any problems. We will also have three water stations on the run course, so you can get water at 1.0-mile intervals.

## **What is the event schedule?**

Thursday, Friday or Saturday (if possible), you will check in at registration with a photo ID and your USAT membership card. If you don't have one, you can get a one-day membership online. You will then get a wristband that will allow you into the race. You will also receive a number for your bike, a swim cap and a bib number for the run. You'll also get a goodie bag. (The Thursday registration will be held in town at Galloway Ford; the Friday and Saturday registrations will be at South Seas Island Resort.)

The morning of the event, you will go to body marking/timing (near the transition area) where you will get your race number written on your body and a timing chip to put around your ankle. The chip will be your official timer for the race. Next, you take your bike and other race equipment to transition where you will rack it according to your race number.

At about 6:45 a.m. you will head to the beach to assemble at the start flags. Promptly at 7:15 a.m. we will send athletes off in waves of approximately 150 people at three-minute intervals. You will cross a timing mat to start recording your race time. You will swim from the shore to a buoy 50 yards out, around the buoy and then north for 340 yards where you will go around another buoy and into shore.

(There is a drawing on the website that shows the course). You'll run over a second timing mat at swim finish as you exit the water and head into the transition area, prepare for your bike ride and head out over another timing mat. When you return from riding the length of Captiva and back, you'll go over the timing mat, prepare for your run and head out over a timing mat. You'll run around the golf course twice, run over the final timing mat at the finish line and be done! Time for water, ice and breakfast!

### **What's next?**

Sign up and you'll be receiving regular e-mails with training tips and other information you will need for the race. Then get ready for an event that will be fun, healthy and possibly life changing!