



Threshold Racing Athlete Guide

Event: Pre---Season Burn Series #1 Date: January 29, 2012

Thank you to each of you for coming out to the first event of our 2012 racing season!

Schedule

Waves start at 8:00 am.

Race day registration 6:30 am until 7:30am.

Packet Pick up 730am-1030am.

Please arrive at least 90 minutes before your wave start time.

Race

Swim: Each competitor will be assigned their own lane where they will complete either a 200 or 400 yard swim. Your lane will coincide with your bike assignment please make sure you check the wave start list for your bike and lane assignment

Bike: Prior to the race you will have the opportunity to set your Wattbike up to fit you. Once on the bike each competitor will ride 10 kilometers (6.2 miles) The bikes are equipped with spd cleats and toe straps.

Run: The run is 1.5 miles. Runners will do 2 loops of a 3/4 mile course through campus.

Swim caps will be provided but are not required and are not part of the wave/heat organization.



Important

If you do not ride Shimano SPD (MTB style) you need to bring your own pedals with your riding shoes.

Many athletes also wear running shoes on the bike.

Directions to course

The location for the first event is Valley Christian High School

<http://g.co/maps/4mpuc>

Timing

You will be issued a timing chip and an ankle strap. Please return these at the finish line.

Amenities

Burn Series shirt and Towel

Water

Fruit

A great racing experience