



BRIGHTSIDE

Mock Tri #1

August 12, 2023

The time has come to put it all together.

You've been swimming. You've been biking. You've been running. You've been swimming and running. You've been biking and running. And now, my friends, it's plumb time that you did some swimming, biking, and running - ***IN THAT ORDER.***

"The hell you say," you say. The hell I say, you say? The hell YOU say, I say!

So what's on tap? Today is all about putting your training in motion. Try it all out. Treat this as if it's the actual race and don't be afraid to make mistakes. The entire reason we do this is to learn what we can do better for race day proper.

Read through this guide, study the course maps, and get ready to rock and roll. While it's not OFFICIALLY a race, someone is still going to win. So let's make sure it's you, ya dig?

- Nic Ruley

Chief Coaching Officer,

Sobriety Enthusiast

Ass for Days©

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Schedule Of Events

6:00 AM - *Transition Opens*

All athletes must **check-in** and **pickup their assigned race bib** and **race number**. Each athlete will be body marked at this time. Afterwards, athletes may begin setting up their transition. Only athletes who have checked in and received their number will be allowed to setup their transition

6:45 AM - *Transition Closes/Mandatory Course Talk*

All athletes must have completed their transition setup at this time. Latecomers will be named and shamed. The rest of the team will point and laugh.

6:55 AM - *National Anthem*

Sung by the incomparable Whitney Houston. She won't physically be joining us, because she's dead.

7:00 AM - *Team Photo*

All athletes must be wearing clothing and have their hair did by this time.

7:10 AM - *Olympic Athletes Start*

7:30 AM - *Sprint Athletes Start*

Swim Course

The swim is a 1/2 mile loop off of beautiful Foster Ave. Beach in beautiful Lake Michigan on the North Side of beautiful Chicago. It's beautiful. Voted "Best Mock Tri Swim Spot" by Team Bright Side Athletes since 2016!



Swimmers will have a beach start, running **South West** to the first turn buoy and make a counter-clockwise loop of the 1/2 mile course. Which is beautiful. Olympic distance Athletes will *run out onto the beach* and high five their coach as they run out and make their second loop. Sprint distance athletes will finish their loop and begin their transition.

Conditions at Foster Ave. Beach can *quite wavy* and the early morning sun can be quite bright, so **plan accordingly**. Also, there

can be holes in the sand, so be careful when running out of the water.

We will have in-water support, but if you're tremendously nervous and have an open water swim buoy, bring it. Try not to use it, but if you need to, you'll have it.

Bike Course

The bike course is a shenanigan filled romp. I'm not saying that it's going to be like "Frogger on your Bike" as you dodge runners, bikers, strollers and dogs, but I'm also not saying it's not.

Simply put, you're going to follow the Lakefront Bike Path the entire time. North to the Hollywood Turnaround, then South to Castaways for sprinters and just past Soldier Field for Olympic distance athletes.

The full [Sprint Distance map](#) can be found here. The full [Olympic Distance map](#) can be found here.



After a blazing fast swim, you'll transition onto your bike and head north toward the Hollywood turnaround. Make the loop-de-loop and speed back past transition.

Then, fast as lightning, you'll cross Simmonds Drive onto the brand spanking new pavement of the Lakefront Bike Path. It's SUPPOSED to be only for cyclists, so you should be able to get your speed up.



Simply continue to follow the marked path, past Montrose, past Irving, past Belmont and then past Fullerton. If you're doing the sprint, turnaround at LaSalle. I'll have a vertical traffic marker telling you to turn around.



If you're doing the Olympic, you'll continue, past North Ave, past Ohio Street Beach, up the new flyover and over the river. Past the REAL transition at Randolph and then after Soldier Field's Sledding Hill, you'll see the vertical traffic marker telling you to turn around.

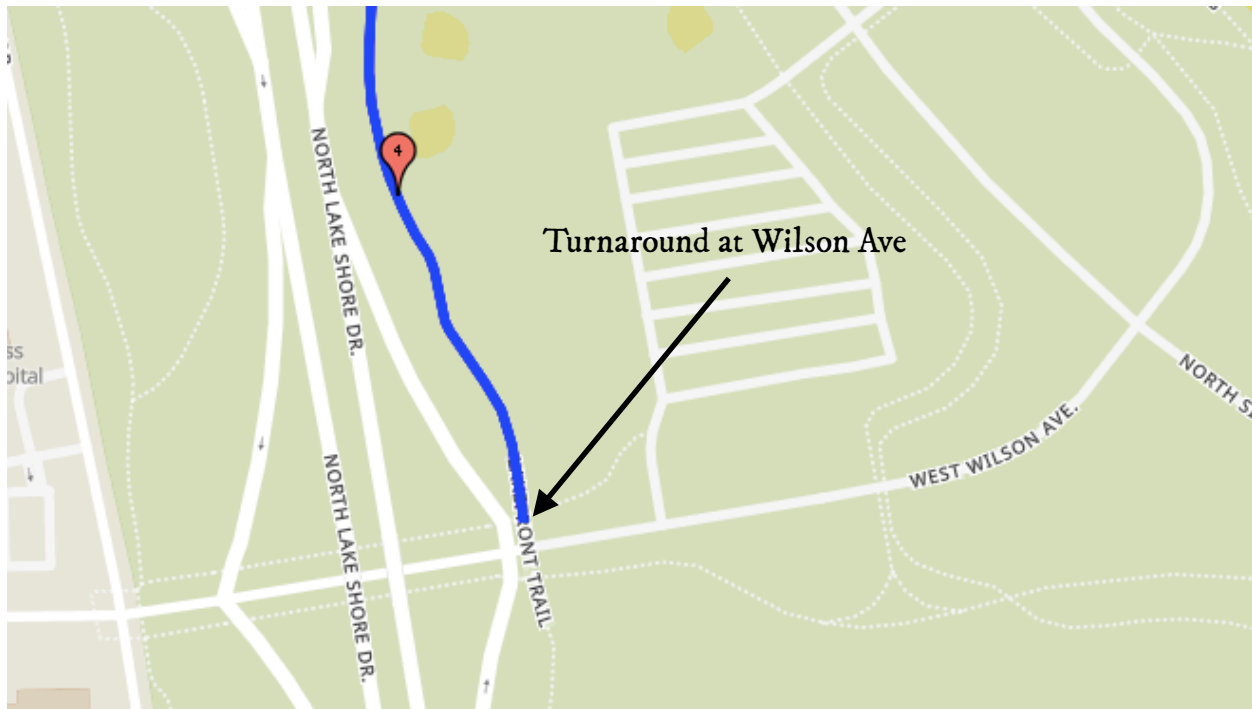
*Both Olympic and Sprint will return the **EXACT WAY THEY CAME**. This means all the way back up to Hollywood for the loop de loop before coming into transition. **Everyone makes the loop de loop twice.***

Run Course

The run course is ... well, it's just delightful. It's a 5.2k loop on the Lakefront Run Path. You can find the full run course [map at this here link thing](#).

Basically, you'll run up to the Hollywood turnaround and straight down the path to Wilson. Turn around and come back. Straight up, straight back. There will be a vertical traffic marker to tell you to turn around. Olympic distance folks do this twice.

There are bathrooms on the course at Hollywood, Foster, and any bush you can find along the way where children aren't present. They don't open until 9 AM because **Chicago is TERRIFIED that unhooded people will pee and poop.**



FAQs

What are the official distances for each distance?

Olympic: Swim ~ 1 mile
Bike: 22.73 miles
Run: 10.2k

Sprint: Swim: ~1/2 mile
Bike: 13.55 miles
Run: 5.1 k

How long should I plan to be on site?

Olympic distance folks should plan on being finished between 11 AM & 12 PM at the very latest. This gives you 4-5 hours to do your race. The beach and **the path gets CRAZY after 11**, so your goal is to **GET OUT**.

Is there a bottle fill on site for my water bottles?

Yes. There are fountains at the Foster Ave. beach house. I'll bring water, ice and gatorade as well.

What if I get a flat?

I'm assuming you have your flat tire changing kit, right? I'd love for you to try and change it yourself! Or you can ask a passerby. Of you can get an Uber back to transition.

I don't have my race kit yet. What should I wear?

Exactly what you generally workout in. Or speedos.

I never registered. What is this packet pickup thing?

NYC Triathlon has donated wrist bands and race bibs. We want to mimic the actual conditions of race day and when you show up, you'll receive a wrist band and bib and tri-tats. Just like race day. If you don't have a race belt to hold the race number, I'll have safety pins to pin it to your kit/jersey/bib. You **MUST** wear your race bib on the run. It's optional in the other disciplines.

I'm terrified of the swim! How many kayaks will you have? Can I touch the entire way?

You will be swimming in deep water and there will be at least two paddle boards to assist in case of emergency. But plan on swimming the entire way. **You have trained for this and you can do it!** But naturally, you're an adult and can swim to shore if necessary. If you're tremendously nervous and have an open water swim buoy, bring it. Try not to use it, but if you need to, you'll have it.

What should I do about nutrition?

Today is the day to **TRY YOUR NUTRITION PLAN**. Bring gu, shot blocks, waffles — anything you are thinking of trying for the race. Do it TODAY. Just like race day. I'll bring granola bars as well.

Am I going to die?

You CAN'T die. Team Bright Side is about saving lives, not ending them. Also, if you die, I don't get paid. That's a huge problem for my budget.

Can I just leave when I'm done?

Of course, you're free to leave. However, I'd love for folks to stay and cheer on every finisher we have. We're a team. Show the love. I'd also love to say goodbye to you and talk about your experience.

Can I wear headphones?

Nope. You'll be disqualified. You can't wear them on race day, so time to get used to the sounds of Chicago!

Any last minute advice?

Try it all today. It's an adventure!! Look up, have fun, be safe, try new things. Ping me with any questions. Or any of the rest of our uber-talented coaching team. We're here for you!