



BRIGHTSIDE

Mock Tri #2: Electric Boogaloo

August 19, 2023

“Do it again, but this time do it better. I’m tired of being ashamed of you.” - My Mother

So you’ve made it through two Aquathlons and 1 Mock Triathlon, and ... well, let’s face it: Mistakes were made. **Disastrous mistakes.** Tears were shed. Jesus wept.

But you are in luck, dear athletes because we are about to do it all again! This is the chance to correct those mistakes, build further confidence, and nail down those **goal times.**

GOAL TIMES? Why yes, goal times. Or better stated, goal paces. For this race, let’s start to make predictions. Look at the times for the [Aquathlon Series](#) and the [first Mock Tri](#). (It’s the same doc, but different sheets.) Write down some predictions for yourself. Then after the race, when results are posted, see how close you were.

We are only racing Sprint Distance today. We want to get you in, race fast, get out. Air & Water Show is today. Amateur hour on the path.

Don’t let it psych you out! You got this. It’s just the most important practice race of your life.

- Nic Ruley

*Chief Coaching Officer,
Hyperactive Elf*

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Schedule Of Events

6:15 AM - *Transition Opens*

All athletes must **check-in** and **pickup their assigned race bib, bike stickers, wrist band** and **tri tattoos**. You must wear apply the tri tats. You must wear the bib on the run. 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*

This time, please actually listen to the run course. My god.

6:55 AM - *National Anthem*

Sung by the incomparable Whitney “Crack is Whack” Houston. She’s basically our mascot.

7:00 AM - *Team Photo*

All athletes must be wearing clothing and have their hair did by this time. PLEASE decide on a goofy pose now so it’s not as awkward as last time.

7:05 AM - *All Athletes Start*

Swim Course

Just like last week, but maybe closer to an actual half mile.



Swimmers will have a beach start, running South West to the first giant neon turn buoy and make a counter-clockwise loop of the 1/2 mile course. If conditions warrant, we could switch the direction of the swim. Listen carefully to the mandatory athlete briefing.

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.

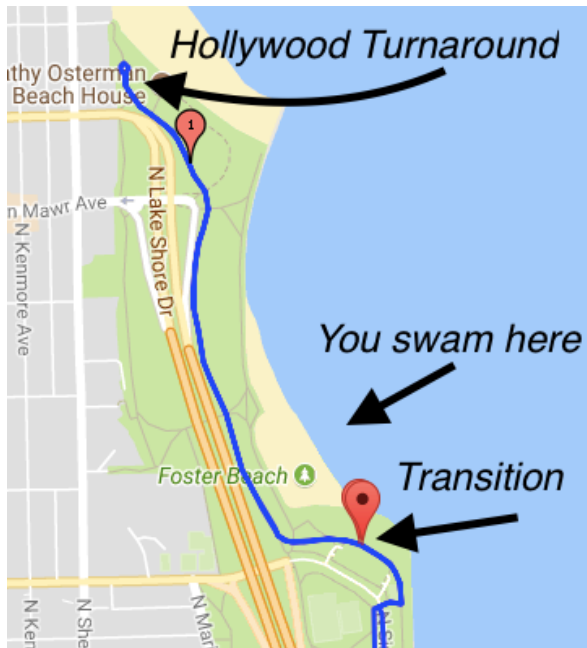
We will have at least 2 paddleboards for in-water support, but if you're tremendously nervous and have an open water swim buoy, bring it. Try not to use it, but if you need to, you'll have it.

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.

The full [Sprint 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 the transition.



Then, fast as lightning, you'll cross Simmonds Drive onto 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. The turnaround at LaSalle/North Ave. I'll have a vertical traffic marker telling you to turn around.

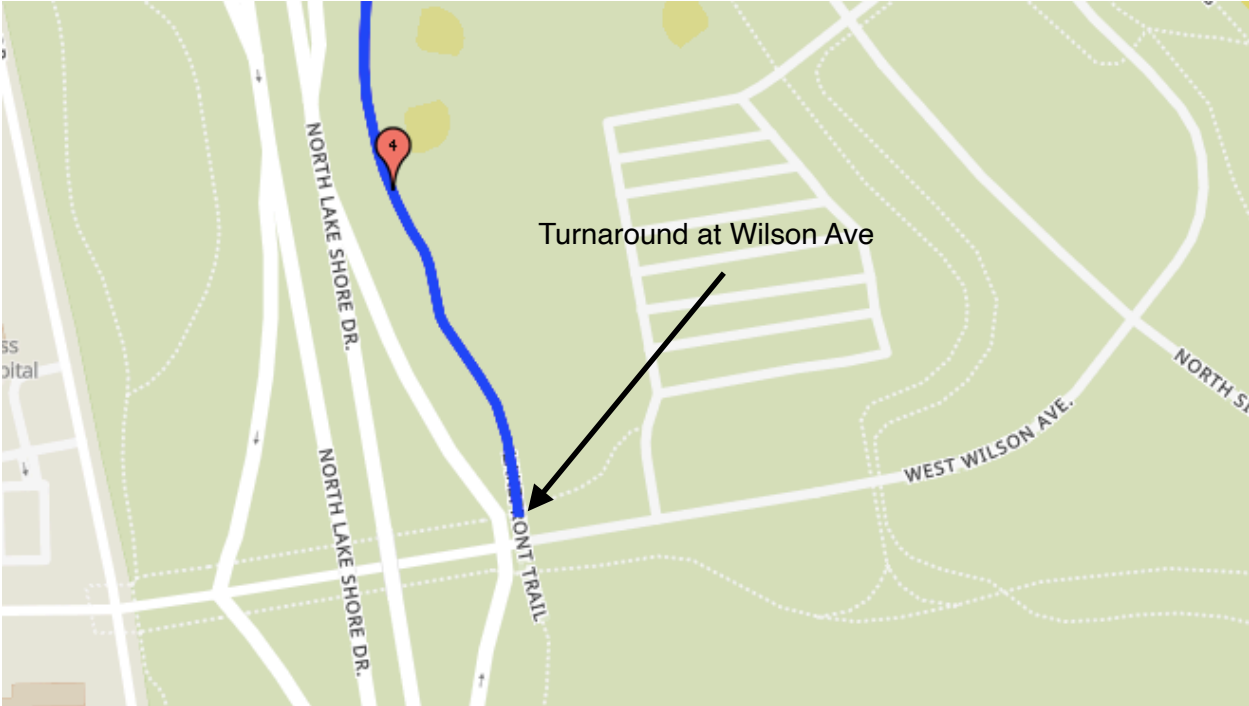
*You will return the **EXACT WAY THEY CAME**. This means all the way back up to Hollywood for the loop de loop before coming into transition. Everyone makes the loop de loop twice.*

Run Course

The run course is ... well, it's just delightful. It's a 3.18k 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 **RUNNING** path to Wilson. The running path is parallel to Lakeshore Drive. Turn around and come back. Straight up, straight back. There will be a vertical traffic marker to tell you to turn around.

Bathrooms are closed until 11 AM.



FAQs

What are the official distance?

Sprint: Swim: ~1/2 mile
Bike: 13.78 miles
Run: 3.18 k

How long should I plan to be on site?

Our goal is to get you out by 9:30. Our kids team is doing a mock tri of their own starting at 8:30. It's going to be ADORABLE.

Will the water crappy?

Our water is rarely bad for BOTH mock tris. It was pretty good last time. Plan accordingly.

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.

Should I wear my race kit?

Yes.

I never registered. What is this packet pickup thing?

NYC Triathlon has donated wrist bands, bike stickers, tri tats, 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. Also, no one died last week and conditions were ... humbling.

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?

If you can't do BETTER than last time, then do the exact same thing but make it easier.