

IRON CHICKS 2009 FAQ'S

Triathlon training sounds sort of daunting - will I be able to find the time?

You can easily prepare for a triathlon - whether it is your first or tenth with minimal time management. If you are currently working out every other day - or can fit that in your schedule - you will be fine! Just make sure to spread your swimming, cycling & running workouts over the week. It's helpful to keep a training log to see which workouts you have completed and monitor your progress. It is also extremely helpful to train with a group - this provides you the support & accountability you need to get your workouts in.

Does my Iron Chicks training fee cover the entry fee for Danskin?

Your program fee includes 10 weeks of swim/bike/run training, online training schedule, weekly core strengthening classes, technical fabric shirt, socks, swim bag - courtesy of Skirt Sports - and special Iron Chicks discounts at Rogue Equipment, Jack & Adams Bicycles, Bettysport.. Your program fee also includes special pricing on exclusive Iron Chicks logo apparel by Skirt Sports!

Registration for the Danskin triathlon is the responsibility of each program participant and is not included in the training fees. We encourage participants to register early for Danskin, as the event sells out every year! <http://www.danskin.com/triathlon.html>

What type of bike do I need to participate in triathlon?

Any bike will do! You will find triathletes that ride mountain bikes, hybrids, road bikes and tri bikes - it all works! If you have a mountain bike, you may consider adding slicks - smooth tires that are faster on roads than nubby mountain bike tires - if finances allow, but it is not mandatory.

Why is bike fit so important?

A properly fitted bike is essential to reduce the risk of serious injury. If you currently own a bike, take it to a local bike shop and have them look at - to ensure it is fitted properly to you. If you are shopping for a bike, make sure to patronize a local bike retailer (Jack & Adams is an Iron Chicks program sponsor) to ensure you are getting the right bike for your size and frame. Fit is crucial to comfort and to remaining injury free.

IRON CHICKS FAQ's - continued

What is it like to swim in open water?

The only real difference between swimming in open water and a pool is that there are no lane lines or pool edges to hold onto. The Iron Chicks program incorporates 2 open water swims into the training schedule, so participants gain experience and comfort in open water prior to race day.

Most triathlon swims are out & back or looped swims, with the course clearly marked by large, colored buoys for sighting and to keep you on course. All triathlons will have canoes & certified open water lifeguards in the water at all times. If at any time you are uncomfortable you simply wave your arms and a canoe or lifeguard will be there to assist you. The Danskin triathlon is unique, in provides 'swim angels' to assist if you become uncomfortable in the water.

What is a wave start?

Most triathlons, including Danskin, begin with wave starts. Wave starts are groups of participants - typically 50 to 150 people - divided by age group and gender. Wave starts are a safer method of beginning the swim, rather than all race participants starting at once! For example, a triathlon with 200-300 participants may have 4 waves - Men under 40, Men 40 and over, Women under 40, Women 40 and over.

.Will I be required to wear a swim cap during the triathlon?

Yes, all triathlon participants will be required, for safety reasons, to wear the swim cap provided by the event. Your race number should be written on the cap also, as an additional identifier. All athletes in a wave, will wear the same colored swim cap.

What is a transition?

It is said that triathlon consists of 4 sports - swimming, cycling, running & transition. Transition is the period in between each of the 3 main sports. The time between the swim and the bike is called 'T1' and the time between your bike and run is called 'T2'. The time spent 'in transition' is included in your overall race time - so a quick transition is critical! Iron Chicks program includes 2 transition clinics to ensure you are comfortable and efficient in transition.

What is a brick?

A brick refers to training 2 disciplines during the same workout - one right after the other with minimal or no interruption, as you would during an actual race. Typically when people talk about bricks they are referring to a bike/run workout, but bricks can also be a swim/bike workout. Bricks are crucial to incorporate into your training plan and the Iron Chicks program will incorporate brick workouts into the training schedule. Brick workouts will begin between 7:00 and 8:30. Factor 1.5-4 hours for these important workouts. Schedule will be provided at Kick Off day.

IRON CHICKS FAQ's - continued

What is a race belt?

During a run portion of a triathlon, participants are required to wear a race number, or 'bib'. While not required, a race belt makes it easier to wear your bib and is much more efficient during transition. A race belt is a simple stretchy band, secured by a simple buckle, with 2 plastic clasps that hold a race number. An athlete clips on the race belt as they are exiting T2 for the run. Skirt Sports, sponsor for the 2008 Iron Chicks training program, also offers a wonderful 'Race Belt Skirt' - a running skirt with race belt component

Am I required to attend the Kick-Off on March 28?

Attending the Iron Chicks kick off day isn't required, but strongly recommended. The kick off will consist of introduction to your coaches, group goal setting workshops, bike maintenance and shoe/apparel sessions, nutrition & stretching and massage advice.

We encourage you not to purchase training/triathlon items until the kick off day - so you know the appropriate equipment/apparel to purchase, as well as be able to take advantage of your Iron Chicks discounts! Discounts for registered participants aren't in effect until kick-off,

March 28th. March your calendars - you won't want to miss it!

SEMINAR SCHEDULE

- **Info session March 28th 8:30 am at Rogue Equipment**
- **Kick-off Day ! March 28th 9:00 a.m. to 11:00 am -Rogue Training Center**
 - Triathlon seminars on:
 - transition,
 - proper bike fit
 - clothing for triathlon
 - nutrition
 - Flat tire change
- **Open Water Swim Practice April 18th , 2009**
- **Tour the race course on bikes April 25th ,2009**
- **Open Water Swim Practice May 2nd 2009**
- **Transition Clinic (bike/run/bike/run) May 9th , 2009**
- **Practice triathlon April 16 7:30 a.m. Dick Nichols Pool**
- **Danskin site walk-through May 30 8:00 a.m. Walter E. Long Park (we will run the run course this day)**

IRON CHICKS FAQ's - continued

Are discounts offered for groups interested in Iron Chicks training?

Yes!!! Training is certainly easier and more enjoyable with friends, to push you, encourage you & hold you accountable. Rogue is pleased to offer discounts for groups of 3, 6 and 10.

Iron Chicks training program price: \$300

Groups of 3 - SAVE \$25 per person

Groups of 6 - SAVE \$50 per person

Groups of 10 - SAVE \$75 per person.

Contact Carolyn Mangold, carolyn@roguegym.com, with a list of friends that are registering for the program, for your special discount code.

What equipment do I need to train for a triathlon?

Swim:

goggles

swim cap

swimsuit or tri shorts/top

Bike:

bicycle - properly fit

CPSC approved helmet

cycling shorts

water bottles & cage

cycling gloves

spare tire tubes & tools

Run:

running shoes - properly fit

running skirt or shorts

sports bra

sunglasses

hat

watch

All the equipment you need can be found at local retailers such as: Rogue Equipment, Jack & Adams Bicycles, and Bettysport. These retailers all extend discounts to Iron Chicks participants.

Obstacles are those frightful things you see when you take your eyes off the goal.

- Henry Ford