



## KNOW YOUR RACE COURSE

This worksheet is something you can download, print and take with you to your events. If you can get to your race venue to scope out the course before race day, that would provide you even more benefit!

### SWIM:

- Venue: Lake Ocean Pool River Quarry
- Water Conditions: Smooth/Calm Rough Current
- Water Temperature: \_\_\_\_\_ Wetsuit No Wetsuit
- Water Quality: Clear Dark Mucky Ocean water
- Course Pattern: Point-to-point Triangle Loop
- Buoys: Size \_\_\_\_\_ Color \_\_\_\_\_ Number \_\_\_\_\_
- Direction: What to sight \_\_\_\_\_  
Location of sun \_\_\_\_\_

### BIKE:

- Elevation Profile – can you view this online?
- Immediately out of transition:
  - Where is the mount line \_\_\_\_\_
  - Flat? Uphill? Downhill? What gear should bike be in? \_\_\_\_\_
- Elevation: Flat Rolling Hills Climbing Hills
- What cassette to use \_\_\_\_\_
- Technical: Mostly straight Hairpin Turns Turns on/near hills
- Terrain: Concrete Asphalt Gravel Smooth Potholes Wet
- Aid Stations: How many \_\_\_\_\_ Which miles \_\_\_\_\_
- Shady or sunny



## RUN:

- Elevation Profile – can you view this online?
- Elevation:      Flat                  Rolling Hills                  Steep Hills
- Shady or sunny?
- Terrain:      Concrete      Asphalt      Gravel      Smooth      Trail      Grass
- Aid Stations: How many \_\_\_\_\_ Which miles \_\_\_\_\_

## TRANSITION:

- Size of transition area \_\_\_\_\_
- Assigned racks?      Yes                  No
- Landmarks to find bike \_\_\_\_\_
- Terrain:      Concrete                  Asphalt                  Grass
- Swim In – length/terrain from swim exit to swim in: \_\_\_\_\_
- Bike In/Out:                  Curbs                  Ramps                  Flat
- Run In/Out:                  Curbs                  Ramps                  Flat                  Terrain