

Greetings LavaLungs!

Today we talk transition set up and swim, but first I want to ask that if you are a member of the Facebook community, to please “like” us at Jersey Shore MultiSport. There is a good chance you will find a pic of yourself in the LavaMan album, and we use the page to make announcements for this and other upcoming events.

Second thing, if you are a beginner and not sure of anything, make sure you email me at cwilcox@jmultisport.com so we have you on the right path. I expect you to dress for triathlon, with no super loose clothing blowing around on the bike, have an understanding of how to rack a bike, and put on a wetsuit before you come...That kind of stuff. So if you need guidance, reach out now!

For transition setup, get here early. I mentioned the parking already last email. For LavaMan, we do full body mark. Number on the arms, and age as of Dec 31 2011 on the calf. Make sure you tell your body marker your age as of the end of the calendar year, for that is the age group you race in.

Your bib number will be assigned a bike rack row number. You must rack in that row. Please do not find a friend and rack next to them, there won't be room for the proper person in that row if you do. You rack anywhere on that row. The low number for the row DOES NOT entitle you to the first spot off the aisle.

Bikes alternate sides as you go down the row, so there is more room for all. Your side of the rack will have the bike wheel touching the ground. I repeat...YOUR SIDE OF THE RACK WILL HAVE THE BIKE WHEEL ON THE GROUND next to your gear. You can hang it by the seat or handle bars. Just make sure you are looking at a wheel on the ground on your side of the bike rack. Throw it back anyway you want, but be neat and tidy, for if you venture into your neighbors yard, we will penalize you for a transition violation.

SWIM

There are some new changes to swim this year. Please read through to the end.

The LavaMan swim course is a point to point swim. That means you start at one area, and finish in another.

At LavaMan, we will walk the .4 mile swim distance to the start, north of transition and swim out. That means you need extra time, I would say 10 minutes, to put yourself in position to start your swim warm up routine.

The port-a-johns are on the way to the start, by the tennis courts. You may want to carry your wetsuit down if you plan on stopping in on your way to the start. Use the sidewalk and road shoulder to walk up.

NEW SWIM ENTRY FOR 2011

We added more time needed to get to the start this year with our new swim entry, but I really think it all will be worth it. Please read carefully.

Just north of the tennis courts is a bay front beach with a jungle gym and wooden barrier along the sidewalk. This is the beach where you enter the water.

It is a good 250 yards to the “in-water” swim start from the beach. You can walk 200 of it. In this area you will warm up, socialize, and stay cool in the water rather than roost in your wetsuit up on dry land.

The plan is to have you keep moving to the deeper water as your wave start approaches, so you can relax when I announce 4 minutes to the cannon, and make your way to the line.

The ideal timing for ALL RACERS would be to enter the water no later than 6:30am and make your way to deeper water while chatting with friends or warming up. The T dock extending out into the bay is the start, the line in which extends 40 yards west to the outside lane buoy. The music will be playing, announcements will be made directed into this area of water where you should be, and the energy will be building Lava style as the cannon comes closer to signaling the start of the race.

IMPORTANT: Understand that at the start, you will need to tread water. Indications are we will start near high tide, and water depth at the starting line will exceed 6 feet. So it is important to get there early, warm up in the chest high water, than make an easy swim to the start for a couple of minutes of treading water.

This will make a tremendous photo opportunity if you have someone with a camera on the T dock. So take advantage. But if your swim is middle of the pack, get the photo and move to the right or back of the start line. The fastest swimmers will want the inside, and they will run you over if you do not belong there, often adding a reminder not to be there again!

So that there are no surprises, **YOU MUST TREAD WATER AT THE START LINE.** We have the Lavallette lifeguards there, and if you are having trouble treading water, stay in the back where they can easily monitor you.

I know we will have some beginner swimmers out there on race morning, and that is awesome. For you, relax, and stay middle/right at the start if you need time to get down the course so the fast women don't run you over when they go off 4 minutes later.

We have been granted USAT permission to start all male swimmers together and all female together. This means 200 men will go off in one wave, and 100 women in the other. There is plenty of room for all. But unless you have done Ironman, for the men at least, this will be the most people in a swim wave you have ever experienced.

200 swimmers should make for great excitement, and LavaMan has always been known as a great sprint swim with its b-line course and great water. So we are enhancing that reputation for 2011, with literally more energy at the start than ever before. This will also help on the 3 loop bike, and allow almost everyone on the same lap now, making a better transition to the run and less confusion out there on the course for you and the volunteers working it.

During the swim, and especially the start, Jersey Shore MultiSport does not allow the breast stroke kick in traffic. The breast stroke kick is very dangerous in a swim race, and can injure, or even knock an unsuspecting person out, because it comes from an angle you are not thinking traffic can hurt you. Absolutely no breaststroke kick in traffic! The guards are trained to watch for that, and we will not allow you to endanger others with that kick.

Men who lack in the skill of swim...Please move far right at the start if your freestyle stroke is able to make it point to point without stopping. That might be contrary to what you feel is natural...further out in the water. But if you are not swimming freestyle, or even in need of rest, the guards will not allow you to sit in the left fast lane and be a danger to the fast women coming up behind.

So rather than have a guard say your day is over early because you just got clobbered by a pink cap, stay right and try the side or back stroke. They will have more patience if you are middle/right, and tell you to move closer to shore when the faster women have gone by. There are more guards on the outside than the inside to help you. Thanks for understanding this important policy.

IMPORTANT WATER CHARACTERISTICS TO KNOW

You will be swimming against a 5:30am high tide. Expect a current against you.

You will start the swim in deep water, and the course will take you over a sandbar. You may see the bottom of the bay during much of the course. As you approach the final section of buoys leading to the turn buoy, the bottom drops out and the water gets very deep and very dark. Beginners...be prepared for this. The darkness is from the increased water depth, and nothing else. Many seem to stall here, so I am addressing it.

The important thing is to keep swimming during this change of marine environment. If you can swim through this section of the course, you'll have a good story to tell. More important, if you keep swimming through this section, you will quickly come up on the turn for home and water you can stand in soon after that. When you see the bottom, keep swimming. It will still be too deep to stand. Better swimmers will swim until their hands hit the bottom, so if you are tired and walking in chest deep water, keep in mind others may be coming from behind still swimming to the shore.

The turn for home on the swim is a double tetra buoy. Swim to the yellow arch and make your way to the T1. We will have a pool for you to wash the sand off just outside transition.

There you go. The LavaMan swim course that you must respect and show LavaLove to! Remember, you should be **IN THE WATER** by 6:30am to give you time to get to the start and hear last minute announcements. That means early arrival, and set up in transition by 6am or so. Use the bathroom before you set up, or on your way to swim start. Early people who park in the tennis area will have a chance to swing back through their car on the way to swim. Many will find this useful to pick up wetsuit, have a GU, etc....

Start hydrating now for the race! Fuel up and get plenty of sleep. Avoid alcohol leading up to the race. Friday night many will be nervous....Your sleep on Thursday night is your most important for that reason. Get plenty of it. Pack up early Friday and be organized for Saturday morning.

Bike is next. Train smart, be prepared for a great morning of triathlon LavaStyle!

Chris Wilcox
Race Director