

Shakespeare's MaxTrax Frequently Asked Questions (and Answers!)

We have lots of first timers in MaxTrax, so we put together a list of answers to the questions we get most often, from those of you that are new to the sport. If you have questions that aren't answered below, please contact us!

Am I the only person who feels like I don't know what I'm doing?

NO! A huge number of MaxTrax athletes are doing this for the first time and all of them are nervous about competing in their first duathlon. Race staff and the experienced athletes are thrilled to see new people taking on the sport, and we are all here to support you and help in any way that we can. So, don't worry—have fun!

Will I be able to change between the bike and runs?

Before the bike and second run portions, you will be able to “change” into anything you place by your bike (in the transition area). However, the transition area is in no way protected (ie you're in full view of everyone) so you'll want to make sure your base layer of clothing is items you want to wear for the entire race.

What should I wear?

We recommend a lightly padded tri short (saves your booty on the bike!) – you can slip tights or pants over them if it's cool. Also, you'll want to wear something light as your bottom “shirt” layer (like a tri-tank or moisture wicking shirt). Again, you can add a jacket or long-sleeved shirt if it's cool. People tend to overdress for this race, as it is cool in the morning – layers allow you to adjust. Pretty much, just make sure you're comfortable and prepared for any type of weather. **TIP** If you go into a triathlon store/call an online store, they should be able to point you in the right direction.

How do I get from the run to the bike, and the bike to the run?

You will end the first run at the Transition Area. You will then change any clothes/shoes that you'd like, run/walk your bike to the Bike Mount area, and ride out onto the course. After the bike, you will ride to the Dismount Area, then run/walk your bike to its rack, change if necessary, and run out onto the run course. All in/out doors and mount/dismount areas will be clearly marked. Transition Area volunteers will also be there to help direct you.

What should I have in the transition area?

Most Important: Your bike of course! You'll want your biking shoes (if you have them) You'll also need your bike helmet, your run number, water/sports drink bottles (for your bike), any gel/food that you need, and pants or a jacket in case its cool outside. Remember, you are not allowed to have outside help at any time during the race, so make sure EVERYTHING you need to race, is in the transition area before the race starts. You will choose a spot to rack your bike, and you will put your bike back in that same spot when you return for the run portion; no one can take your spot – SO you will have your “own” rack position in the Transition Area.

Do you provide water, or should I bring my own?

There will be no aid stations on the bike course (so make sure you have a water bottle on your bike), and two on the run course. Both aid stations will have water and sports drink, and will be manned by volunteers that will hand the cup to you. **TIP** You can bring your own water/sports drink and skip the aid station, if you want to save some time or are nervous about taking a hand-off from volunteers. Just make sure, whether you bring your own or use the aid stations, that you get enough fluids.

How long should it take me to complete the race?

There is no set time that you should shoot for. Goal finish times are different for everyone and you should decide, based on your training and current ability level, a finish time that you can be proud of. If you still have some training time and want to train with certain goals in mind, you can check the results from previous years (available on the MaxTrax website – ultramaxtri.com) to see what kinds of times most people in your age group got. Just remember to listen to your body and stay within your comfort zone.

How would you rate these courses?

The difficulty of the bike course is moderate – the run course is pretty easy. The bike has a couple of nice hills (and one big one at the end, just before the transition area), and is gently rolling in nature most of the way through. You will also bike on a fairly narrow road for a short time – we will have police and volunteers where needed to keep you safe. The run is primarily flat, on a trail.