



**TRAINING TIPS FOR
CREW (& ATHLETES!)**



- **Taking care of your athlete**
- **Organizing the crew vehicle**
- **Recon of race routes**
- **Crew roles on race day**
- **Prepping for the swim**
- **Leapfrog Method**
- **Taking care of YOURSELF!**
- **Most common crew penalties**
- **Bike tools & spare parts**



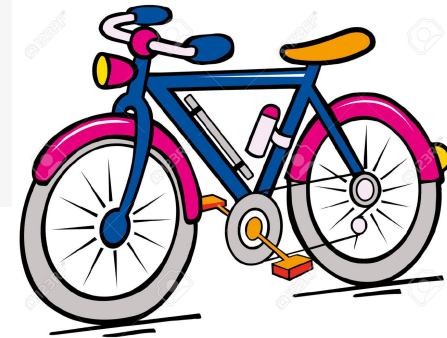
TAKING CARE OF YOUR ATHLETE

- Taking care of your athlete starts YESTERDAY!
- Read the Rules & Guidelines - - the crew is an extension of the athlete – crew members can also get penalties (which go against the athlete's time)
- Be on time for all race functions!
- Check Googlemaps to ensure you have plenty of time to drive



TAKING CARE OF YOUR ATHLETE

- Athlete Check-In Wednesday
- Race Briefing Brunch Thursday
 - - get there ASAP if you want your team sitting together – take notes for your athlete
- Preview the Day 1 & 2 bike courses so athlete gets a feel for them
- Read thru the turn-by-turn directions BEFORE race day





TAKING CARE OF YOUR ATHLETE

- Help athlete organize race nutrition, extra gear, and supplies
- Organize using big Ziploc bags – label Day 1, Day 2, Day 3
- Prep your crew vehicle on Weds/Thurs – race #s & caution sticker
- Make sure you are prepared with TP & wipes, and hand sanitizer
- Keep crew drama (conflict, illness, etc.) with the crew





TAKING CARE OF YOUR ATHLETE

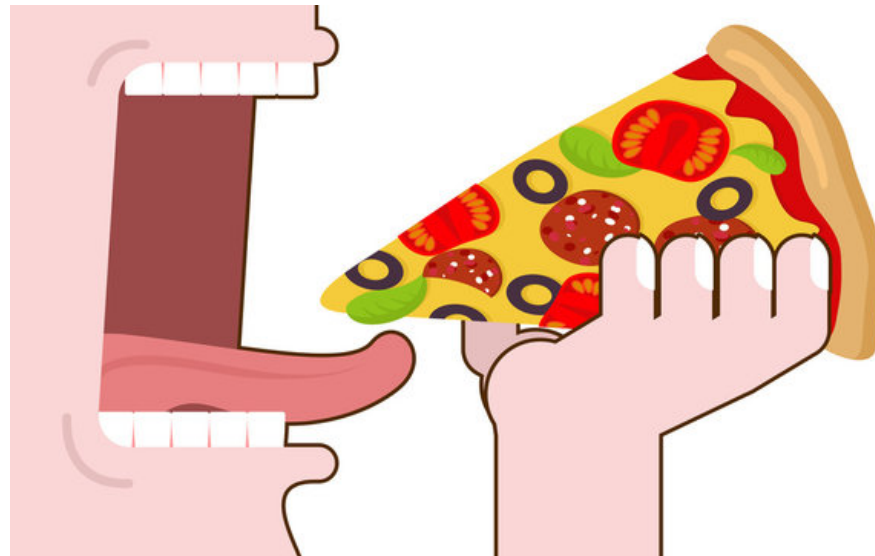
- Race morning: set several alarms!
- Race morning: feed your athlete 2 to 3 hours before start
- Race morning: make sure you bring all charged electronics, lights, watch, bike computer with you – **MAKE A LIST FOR EACH DAY!**
- Race morning: check the refrigerator, grab all bike bottles/nutrition





TAKING CARE OF YOUR ATHLETE

- Every night: charge electronics - lights, watches, DI2 and bike computers
- Every night: fill bottles, prep nutrition
- Every night: feed your athlete ASAP
- Every night: get to bed as early as possible





MAKING LISTS

- Electronics and charging
- Race morning nutrition
- Clothing and equipment
- Tool and bike parts
- Make a separate list for each day's requirements





ORGANIZING THE CREW VEHICLE

- Drawers! Drawers! Drawers!
- Label everything!
- Put as many seats down as possible in the van so you have more space available
- Remember, every person has to be in a seat with a seatbelt
- Orange cooler for ice





ORGANIZING THE CREW VEHICLE

- Some crews buy a second cooler – depends on your needs
- Recommend buying gallon jugs of water
- Sanitize your hands or use gloves when handling ice for bottles
- Color code your bottles – clear bottles for water, colored bottles for liquid fuel
- Make sure you have room for the bike to/from Waterfront Park!





RECON OF RACE ROUTES

- GET FAMILIAR WITH THE RACE COURSE!
- Practice your crew roles during course recon
- Take notes to discuss when entire team is present and focused
- Identify good spots to safely pull over to crew your athlete
- Identify resupply points for snacks, ice, restrooms





RECON OF RACE ROUTES

- Practice your process!
- Pull over safely and legally
- Turn on hazard lights
- Roll down one or two windows
- Get out safely and calmly, then close all driver's side doors
- Handoff locations – spread out behind and ahead of vehicle
- Before leaving, do a crew headcount!



1 2 3 4



CREW ROLES ON RACE DAY

- DRIVER – safely drives the course and parks off the road, turns hazard lights on, rolls down one or two windows
- NAVIGATOR – pays close attention to turns and relays info to driver in advance; confirms hazard lights and windows down
- FEEDER – preps bottles and fuel for next crew stop

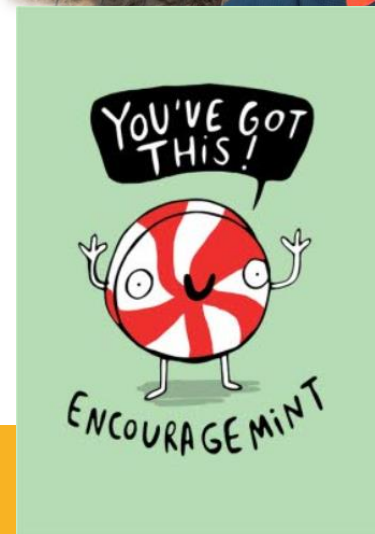


EVERY CREW MEMBER IS A CHEERLEADER!!



CREW ROLES ON RACE DAY

- PHOTOGRAPHER – takes pics for social media & crew contest
- BOTTLE HANDOFFS – hands off fresh bottles, retrieves used bottles
- FOOD HANDOFFS - hands off fuel, finds out what the athlete wants at the next crew stop
- If there are only two of you, it's more hectic but you can fill all of these roles and still have fun!
- YOU CAN DO IT!!





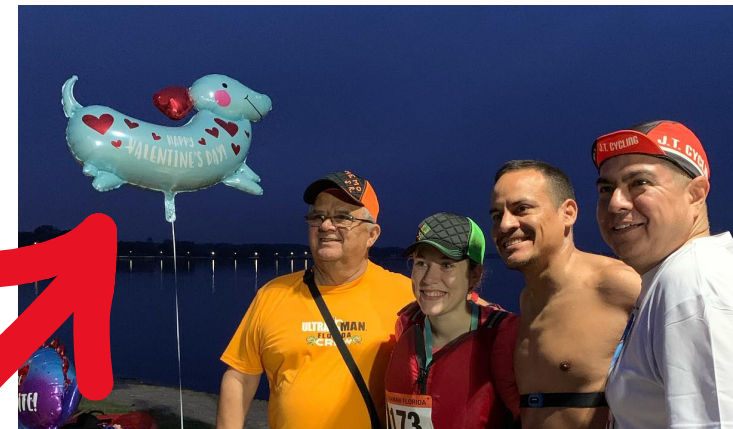
PREPPING FOR THE SWIM

- Check your swim list!
- Buy cordage in advance – tie bottle to kayak so paddler can throw it
- Race number on front of paddler - - visible on outside of PFD
- First come, first served on kayaks – get their early if you're picky!
- Bring nutrition for paddler – some of you will be out there longer



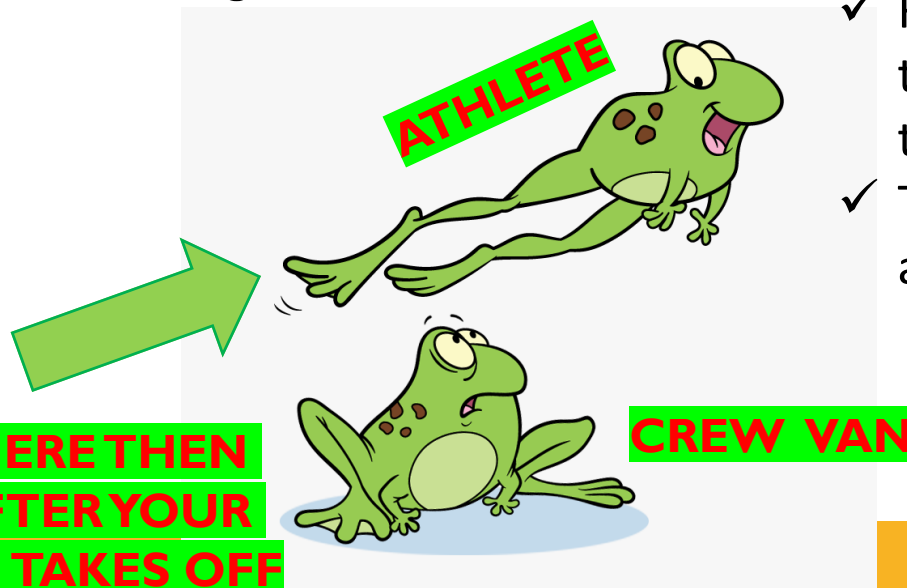
PREPPING FOR THE SWIM

- Paddler should dress for exposure – check weather during race week
- Lube your athlete and/or duct tape them – prevent wetsuit chaffing
- Prepare to help both athlete and paddler upon swim exit
- Paddler can wear unique “accoutrements” so that athlete can spot them easier during swim start (mylar balloons tied to kayak, tall hats, etc.)
- Bring bags for wet clothes/wetsuit
- Group athlete photo at 6:30am!



LEAPFROG METHOD

- ✓ READ THE CREW TIPS SECTION OF THE ATHLETE BINDER
- ✓ Start your athlete off with the nutrition they request.
- ✓ Let athlete take off on the bike.
- ✓ Organize nutrition, make bottles for your next stop.
- ✓ Allow your athlete to ride ahead of you for a while – 10 to 12 minutes is a good amount of time.



- ✓ REMEMBER you'll be traveling much faster than they are.
- ✓ Take off to find your athlete.

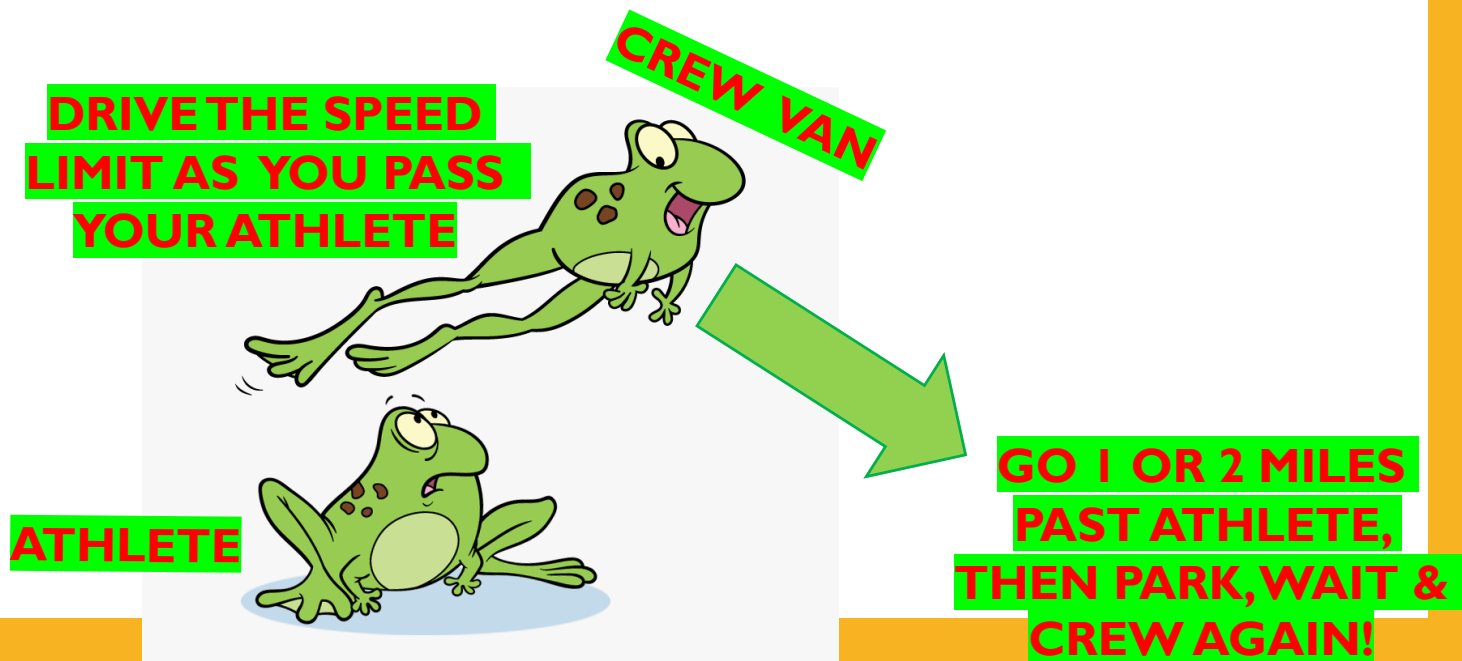
**CREW HERE THEN
WAIT AFTER YOUR
ATHLETE TAKES OFF**



LEAPFROG METHOD

ONCE YOU SPOT YOUR ATHLETE:

- ✓ Proceed past your athlete, maintaining your speed as you pass.
- ✓ Do not slow down to talk to them, take pictures, etc.
- ✓ Go about a mile or two past your athlete.





LEAPFROG METHOD

ONCE YOU FIND YOUR NEXT CREW SPOT:

- ✓ Pull vehicle as far off the road as safely possible and turn on emergency flashers, roll down windows.

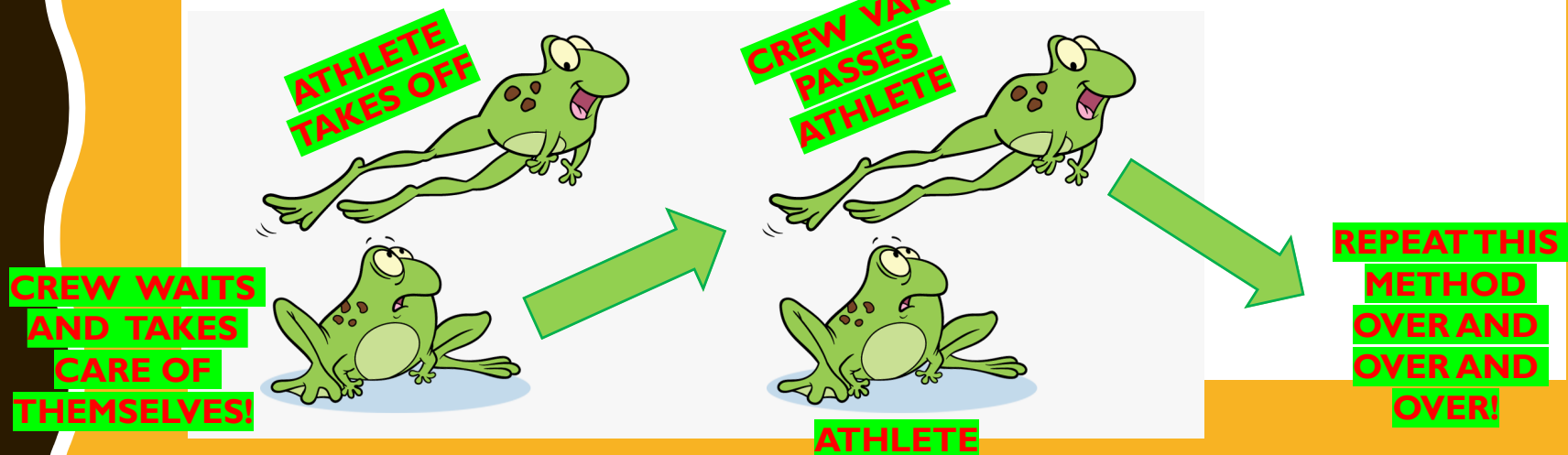


- ✓ Spread out with various nutrition, drinks, cameras, etc.
- ✓ Hand off to athlete and ask what he/she wants next.
- ✓ Hold TOP OR BOTTOM of bottle for handoff so athlete has room to grab the bottle! Do not hold the bottle in the middle.



AFTER HAND-OFF:

- ✓ Prepare nutrition for next stop; refill empty bottles.
- ✓ Enjoy the scenery – take pics for the crew competition!
- ✓ Cheer on other athletes.
- ✓ Take care of yourselves: eat, drink water, etc.
- ✓ Leave to catch up with your athlete and repeat the process.
- ✓ Spend more time catching up with your athlete than waiting on them.





LEAPFROG METHOD

REMEMBER:

- ✓ NO HANDOFFS OUT OF THE VEHICLE!
- ✓ NO DOWNHILL HANDOFFS!
- ✓ Do handoffs just before the crest of a climb.
- ✓ NO SLOWING DOWN as you pass athlete to take pictures, talk, etc.
- ✓ This all seems very strict and serious – but you can still have lots of fun!!





TAKING CARE OF YOURSELF!

- Hydration - - Drink water! Drink water! Drink water!
- Nutrition - - pack healthy snacks
- Hygiene - - hand sanitizer, gloves, wipes, sunscreen, chapstick, hat, analgesics
- Sleep - - get to bed as early as possible!
- Medications - - don't forget to take your normal meds
- Have fun!

Don't forget
to take care
of yourself.



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MOST COMMON CREW PENALTIES

- Filming/taking pics of the athlete from the vehicle
 - Photos and video can ONLY be taken when you are out of the vehicle with two feet on the ground
- Crewing the athlete from the vehicle and/or with the door open
 - Handoffs are ONLY allowed when the vehicle is pulled off the road, hazard lights on, and crew is outside the vehicle
- Driving the speed of the athlete rather than the speed limit
 - This slows down traffic, pisses off motorists, and can be dangerous for the athlete if angry drivers then try to pass you and end up hitting your athlete
 - You MUST drive the speed limit at all times
- Direct following your athlete instead of leapfrogging
 - This is not allowed, unless it is after sunset...
- Riding the athlete's bike in transition without a helmet – DQ!
- Using headphones/music sources while pacing – DQ!
- Unsportsmanlike conduct – DQ! No Mean People! (Do NOT argue with race officials if you/your athlete receives a penalty!)

NO!

NO!

NO!



BIKE TOOLS & SPARE PARTS

- Make sure you are prepared in case of mechanical issues!
- Most common issues: flat tires, dead D12 batteries, loose headsets
- Be sure you are carrying extra:

On the Athlete:

- 1 Tube
- 1 CO2
- MANDATORY Lights
- Tire Levers
- Cell Phone

In the Van:

- Extra Tubes
- Extra Tires
- CO2 and Pump
- Spare Wheels
- Tire Levers
- Bike Tools
- Patch Kit
- Duct Tape
- Chain
- Bike Lights
- Rags
- Bike Lube



BIKE TOOLS & SPARE PARTS

- Extra Wheels save time!
- Learn how to change a flat!
- Now... Let's talk about Derailleur Hangers! BRING A SPARE!

- ✓ Bottom line: We want to keep JB happy.
- ✓ A spare derailleur hanger can save your race.
- ✓ Saving your race makes JB happy.
- ✓ **BRING A SPARE DERAILLEUR HANGER!**



