



LAKWOOD VALLEY

TRIATHLON TIPS

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TIP 3 THE RUN . . . Finishing Strong

It ain't over till the fat lady sings. That's never been truer than in a Triathlon. Last year a participant came out of the water 20 minutes before another participant, yet was passed midway through the run. Not only is this tip great for triathlons, it's a great lesson for life.

Where you start isn't necessarily where you'll end up.

After biking, your legs will be tired. Fortunately, riding uses somewhat different muscle groups than running. Build your run...so you acclimate to being back on ground. As you build your speed you'll have a greater chance of overtaking other participants AND minimize your chances of being overtaken from behind.

Motivate yourself with the mile markers and the cool drinks waiting for you at the end of the race and you'll finish strong and feel good doing it. And don't be surprised if your place is higher after the run, than it was after the swim.

TIP 3 Motto: It's better to pass than be passed