

## Suggestions for the Sideline Athletes

While many participant supporters know how to prepare themselves for this event (because they know they have their own challenging event in front of them), some supporters have never been a part of the sideline support for a triathlon or an endurance event of this length or logistical challenge.

This is a list of suggestions from wives, husbands, girlfriends, boyfriends, family, police, event coordinators and all other contributors to this sport. We have too often seen the supporter suffering as much or more than the athlete-the athlete has someone handing them food, water and medical attention when the supporter has to fend for themselves. Please review this and take any suggestions you feel will assist you in your crucial assistance of the great athletes doing this event.

Beforehand:

Find out the athletes goal times for each event to help you know when to be looking for them at transition or on the course. That would be estimated swim time, bike time, run time and total time goal.

Get the athletes race number, their clothing colors and their bike color-brand so they can be spotted easily while moving. Remember, you will have just a few seconds to identify them to cheer them on and/or take their picture.

Organize what you will be taking for following the athlete and your own support.

- Camera with extra batteries, film, memory card
- Sunscreen, bug spray
- Water, beverages
- Watch: to time your athlete and keep track
- Snacks
- Something to sit on-chair/blanket-this needs to be lightweight in case you have to carry it any distance
- Something to entertain the children/adults-pass time.  
You may be waiting for many hours to see your athlete.
- Comfortable shoes-you may be walking long distances to get to different areas of the course.
- A carrying bag or backpack that can be hauled easily
- Cash-sometimes you can't use your debit card to purchase items on the course
- A cell phone to contact, update other supporters of you and your athlete

On Race Day:

Try to park in an area that is close to the race course but if you need to move your car, make sure it is in an area that will not be blocked to traffic after the race begins. Be ready to cheer loudly and a lot! The supporters are a large part of why these races are so inspirational. Thank you for all you do to keep this sport so great!