

FAQ

-What is SwimRun?

---An emerging sport for endurance athletes consisting of run and swim segments that teams two competitors that must navigate the course together. It was originally conceived as a drunken bet, but has now evolved into a international sport based around experiencing nature through team competition.

-So I need a friend to sign up with me?

---Yes, not only are teams part of what make these races unique, they are also important for safety on the longer courses. If you would like to sign up but do not have a partner you can post on SwimRun Triad's Facebook page requesting a partner and we will try and link you up with someone. Please make sure to tell a little bit about yourself. It is a much easier race if you are teamed with someone who has a similar skill set!

-What equipment should I bring for Swimrun?

---Swim goggles, shoes that you don't mind getting wet, water bottle/bladder, gels/snacks, a safety whistle, hand paddles and flotation devices(not bigger than 40" by 24") are allowed. Also if the water is too warm for wetsuits make sure you bring clothes that are comfortable when wet! OH and a sense of adventure!

-Can I bring anything else?

---Hand paddles and flotation devices(not bigger than 40" by 24") are allowed. You can also carry extra nutrition, a compass (but this will not be necessary for SwimRun Triad),

-Shoes I can get wet? So we wear our shoes during the swim?

---Yes, in a Swimrun you transition directly from the running segments into the swimming segments and vice-versa without stopping to change your clothes or equipment. There are plenty of shoes on the market that are made specifically for this sport. We will be partnering with Fleet Feet Greensboro to bring a few of these shoes for test runs in the future!

-Do I have to carry all this stuff or can I drop it off at aid stations?

---You must finish the race with all the equipment you bring with you. Aid stations will be checking your equipment as you pass through and will be disqualifying teams missing mandatory items.

-This seems like a pretty crazy event, do I need to be an elite caliber athlete to finish this event?

---While you should never go into an event like this untrained this is a sport for everybody. The point of SwimRun Triad is to have an introductory course, with an achievable distance, with an extensive time limit that allows everyone to enjoy the sport.

-How capable of a swimmer do I need to be to complete this event?

All of the swim segments are under .4 miles and most are much shorter than that (.2 -.25) That being said, swimming becomes much tougher once you are already exhausted from miles of swimming and running. You should be able to comfortably swim 2000 meters in a pool. In fact no one will get to the starting line without a witnessed swim time for safety purposes:

- A signed note from a coach, lifeguard or other witness proving you have swum 2500 yards in a pool in under 1 hour and 45 minutes.
- Race results proving you have participated in a race with a open water swim of over 1500 yards in under 50 minutes within the past two years.

-I have done triathlons in the past, can I do a Swimrun?

---Swimruns differ from triathlons in their pacing and course design. Instead of having transition periods between swimming and running participants will (ideally) just dive right into the water and charge right up onto land. Also the running segments usually take place on trails or right through the woods themselves meaning much rougher terrain than the usually triathlon has to offer. Interval workouts that simulate these conditions would much more useful training for your next Swimrun than typical triathlon preparation (swim day, run day, bike day).

I would rather compete solo. Can I?

The beauty of this sport is in the teamwork. You must do SwimRun with your partner. In fact you cannot be more than 20 meters apart on land and more than 10 meters apart in the water. If a course official sees you have separated further than this you will be disqualified from the race. We will also provide options tethers to distribute effort out on the course and to guarantee you and your partner do not get separated.

OK, you have peaked my interest. Now can you point me in the direction of some helpful websites so I can see this race in action?

swimrun nc vid- <https://vimeo.com/189871887>

swimrun va vid- <https://youtu.be/2aUHIC2XsDc>

swimrun ottilo- <https://youtu.be/rayAafzkVTQ>

<http://swimrunnc.com/>

<http://www.swimrunva.com/>

<http://otilloswimrun.com/>