



ALISTAIR'S TRIATHLON QUIZ

1. What are aerobars?

- a) Specially designed handlebars to improve aerodynamics and performance for triathletes and time trial cyclists
- b) Crunchy protein bars with chocolate flavour
- c) A bar which prevents triathletes from leaving the race course

2. What is an age-group?

- a) A type of triathlon event
- b) A group of very nice elderly people
- c) An age-band in which a person will enter a race or championships, for example TriStar 1 or youths

3. What is a wave?

- a) Triathlons start with a swim and these are sometimes broken into smaller start groups known as waves
- b) When a triathlon is about to start, a technical official waves a flag to show that the race is on
- c) A very popular brand of swim hats

4. What is a trisuit?

- a) A suitcase specifically designed for triathletes
- b) A wetsuit specifically designed for swimming, cycling and running
- c) A dress that triathletes usually wear for the annual triathlon awards dinner

5. You will be taking part in your first event. Is a specifically designed Tri Bike required?

- a) Yes
- b) No
- c) Only for athletes 13 years and older

6. What is a transition area?

- a) A designated area for transition, where you would “rack” or store your bike
- b) A club where coaches manage to transform athletes to super athletes in a very short amount of time
- c) Another word for the changing rooms used for triathlon events

7. What is transition?

- a) The process of becoming a triathlete
- b) The activity of moving from one triathlon event to another
- c) Transition doesn't mean anything in triathlon, the correct word is “transformation”

8. What is a buoy?

- a) A floating marker used in an open water swim race to guide the swimmers
- b) A boy who is interested in triathlon
- c) A type of bike wheel

9. What is a brick session?

- a) A training session of two disciplines for example a bike ride followed by a running session
- b) A session so hard it feels afterwards like you have been hit with a brick
- c) A training session to learn about bricking which means to fix your bike

10. Your friend is talking about cadence in relation to triathlon. What does he mean?

- a) The rate that you pedal when cycling
- b) A very famous British event organiser
- c) A sequence of notes and chords

11. What are cleats?

- a) A type of rope
- b) Devices that connect cycle shoes to clip in pedals on our bike
- c) Trisuits

12. You see “DNF” on a result list. What does it mean?

- a) The competitor “did not fuel” meaning he didn't accept any drinks during the race
- b) The competitor “did not find” meaning he didn't find the route and got lost during the race
- c) The competitor “did not finish” the race

13. What is drafting?

- a) A specific running technique with a high knee lift to defy the laws of gravity
- b) To gain an advantage by tucking close behind the cyclist in front
- c) Getting a free ride by holding onto the ankle of another competitor during the swim

14. What is a timing chip?

- a) A small device that gives you your official race time and is often worn around the left ankle
- b) A small device used to count the amount of competitors
- c) A small device that is used for timing the swim only as the timing system used in triathlon cannot be used in water

15. What is T2?

- a) Terminal 2
- b) Transition 2
- c) Task 2

1. A
2. C
3. A
4. B
5. B
6. A
7. B
8. A
9. A
10. A
11. B
12. C
13. B
14. A
15. B

Answers: