



FAQ's

- 1. What is a virtual triathlon?** A virtual triathlon is similar to a live triathlon – you register, you swim/bike/run (on the honor system), you get a medal and shirt in support of a great cause; but, they differ from a live triathlon because you get to complete your triathlon from wherever you like...the neighborhood pool, your local gym, or a local swimming hole!
- 2. Where can I complete my triathlon?**

Anywhere in the USA! Going to your local gym, neighborhood pool, or local lake are some options, then plotting out the correct distance for the bike and run.

Best practices: All children must have the support of an adult at the time of completing their triathlon. Be aware of traffic and road surfaces when deciding on your bike and run route.
- 3. Can I use a stationary bike and/or treadmill?** Yes!
- 4. Do I get a race bib?** Yes! Just go to your confirmation email, click on "Manage Your Registration." Follow the prompts to print out your very own custom race bib!
- 5. How do I upload the results?** The "Manage Your Registration" button in your confirmation email is where you can upload your results. You can upload your overall time, and your individual swim, bike and run times. You can even add a picture!
- 6. Who is this triathlon meant for?** Everybody! We would like to offer this event as a family event, where everyone can compete, or support each other.
- 7. Does this triathlon support a charity?** Yes! A portion of the proceeds will benefit the San Antonio Food Bank. The SA Food Bank has done an outstanding job during this COVID-19 crisis, and we want to support them by donating cold hard cash!
- 8. When am I supposed to do the triathlon?** Anytime between the time that you register, and August 15th.
- 9. What do I get for my registration fee?** Everyone will get a custom softstyle t-shirt and an awesome finisher medal. A goal to Knowing that you are contributing to the support of the SA Food Bank will make you sleep better at night (along with all the exercise)!
- 10. Is there a Facebook Group Page that I can join in on the fun of?** Yes! The link will be given to you in your confirmation email. That's the place that everybody can share their training techniques, where they are training, and post pictures of all their family adventures while they're training. Have fun!