

Write your Race Report

Race Name: _____

Race Date: _____

What were my goals?

How did those work out?

Nutrition

What did I plan to eat?

What did I actually eat?

The best thing that happened all day:

The worst thing that happened all day:

The funniest thing that happened all day:

The most important thing I learned from this race:

Finishing times

(include distance and time)

Overall time	Swim	T1
Bike	T2	Run