

Sprint to Olympic/pool to open water



[harridge](#) 5 posts since

Jul 1, 2008

I have completed a couple of sprint Tri's in a pool and would like to up the mileage a little.

I have never done an Olympic length tri and would like to do one in the open water. I live in the Santa Barbara area and would like suggestions on a good Open water tri, preferably fresh water. Any thoughts?



[John Monaghan](#) 3 posts since

Apr 21, 2008 **1. Re: Sprint to Olympic/pool to open water** Jul 29, 2008 5:45 PM

Congrats on the progress! I'm in the midwest so I can't give you any advice on which ones to go for, but just wanted to mention a few problems I ran into when I switched to open water. The biggest problems were visibility and over crowding. Open water is kind of a misleading term. Its often really murky and full of disoriented people who all to easy try to swim right over the top of you. Oh the joys of open water!



[harridge](#) 5 posts since

Jul 1, 2008 **2. Re: Sprint to Olympic/pool to open water** Jul 29, 2008 10:33 PM

 in response to: [John Monaghan](#)

Thanks for the response, I had heard of the folks that want to win every race they are in, even though they have no chance of doing this. The fact is I know I am not going to win and I would like to finish without drowning and feeling good about my time. If that means starting on the outside of the group or letting a few people go before me then so be it. I would rather have fun and pass the slow ones that would have tried to drown me if I started in front of them. Thanks for the input. All thoughts are appreciated and definately taken to heart.



[swemds7](#) 2 posts since

Oct 12, 2007 **3. Re: Sprint to Olympic/pool to open water** Aug 1, 2008 9:10 AM

The transition to open water swimming can be a difficult one. I started racing in sprints last year, where most of the swims were in the pool. I then did a couple sprints with open water, a 600 yd swim at Lake Arrowhead, then a 500 m swim in Mission Bay. As you stated, it is easier to start to the side or back of the pack. There is a mass hysteria towards the center

Sprint to Olympic/pool to open water

and front. I completed my first Olympic tri this year at Lake Perris. It is quite a different experience, the first 300 m is packed and you have to be prepared for people swimming into you. As this is only my second year, I thought the transition from sprint open water tri's to olympic open water helped my comfort level. Hope this helps.



harridge 5 posts since

Jul 1, 2008 4. **Re: Sprint to Olympic/pool to open water** Aug 1, 2008 9:16 AM

in response to: [swemds7](#)

Thanks for the input. How was the Lake Arrowhead Tri? Did the altitude get to you? I did see that tri listed and thought it may be interesting but I was concerned about the altitude.



mcoop 1 posts since

Jun 20, 2008 5. **Re: Sprint to Olympic/pool to open water** Aug 2, 2008 9:55 PM

Tri-California Events puts on the "Scott Tinley's adventures" in your neck of the woods - <http://www.tricalifornia.com/index.cfm/Tinley2008-main.htm>. They have an open water sprint distance. I did the Wildflower as my first Olympic and it was a great scene, but the San Jose International is smaller and you'll have less of a crowd to deal with.



harridge 5 posts since

Jul 1, 2008 6. **Re: Sprint to Olympic/pool to open water** Aug 4, 2008 8:11 AM

in response to: [mcoop](#)


I had heard of the Scott Tinley and was thinking of doing this event so thanks for the input. I hadn't heard of the San Jose International, I will look into it, thanks



swemds7 2 posts since

Oct 12, 2007 7. **Re: Sprint to Olympic/pool to open water** Aug 7, 2008 3:21 PM

Sprint to Olympic/pool to open water

 in response to: [harridge](#)

There is a little more fatigue and strain, at least for me it seemed like it. There is a training/seminar this Sat., 8/9, I believe at 9 am at Lake Arrowhead village. I don't know if the tri is sold out, but it might be worth to check it out. The course is hilly, especially the bike. It is stated that there is a 900 ft change in elevation. There is one hill that is steep, and three others that are a steady incline. The one place to watch is a downhill. Hope this helps.

P.S. The race is Sat 8/16. If you go up for the training/seminar, be sure to take your bike because they will take you on the course. Also, last year, we had a chance to jump in the lake at the resort. Good luck if you do.