

A triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance disciplines. Triathletes compete for fastest overall course completion time, including timed "transitions" between the individual swim, cycle, and run splits.

GAME RULES

INITIAL SETUP



GAME COMPONENTS

1. **Game Board** (1)
2. **Swim Training Deck** (33)
3. **Bike Training Deck** (33)
4. **Run Training Deck** (33)
5. **Mindfulness Tokens** (4)
6. **Energy Tokens** (4)
7. **Individual Boards** (4)
8. **Ranking Cards** (3)
9. **Event Cards Deck** (36)
10. **Transition Cards Deck** (12)
11. **Dice Pool** (12)
12. **Timeline Board** (1)
13. **Time Tracker Token** (1)
14. **Time Penalty Tokens** (20)
15. **Die Tokens** (20)



THE SETUP

This turn based game takes place in your real life. You are an amateur triathlete struggling to find the time for training and steady your mental and energy state to be as ready as you possible can for the race.

The game-flow is divided into two major phases.

A CARD BASED MANAGEMENT PHASE WHERE YOU NEED TO DEVELOP:

- › YOUR TECHNICAL SKILLS - SWIM / BIKE / RUN
- › YOUR ENERGY LEVEL
- › YOUR MINDFULNESS LEVEL

A DICE BASED TRIATHLON PHASE, WHEN YOU USE ALL SKILLS GAINED DURING THE MANAGEMENT PHASE.

The first and the second phase alternate all throughout the game.

START!

1: Place all the components as pictured on the cover

2: You receive an individual board, one energy and one mindfulness token

3: Place the Time Tracker Token on the 00:06 position on the Timeline Board

4: The game starts when you turn over the first **Event card** of the pack.



AT THE BEGINNING OF THE GAME, YOU RECEIVE AN INDIVIDUAL BOARD AND TWO TOKENS

These tokens must be put on your board at their corresponding axes, in the first position, on the left side.



LEVEL OF DICE
 RED: beginner
 YELLOW: intermediate
 GREEN: advanced

2 TECHNICAL SKILL DIE

2 ENERGY LEVEL DIE

2 MINDFULNESS LEVEL DIE

Your initial level of dice is **RED - RED - RED** (technical skill - energy level - mindfulness level) and your goal is to find ways to become **GREEN - GREEN - GREEN**.

THE MANAGEMENT PHASE

After placing all components, you receive an **individual board** and **two tokens** (energy and mindfulness). These tokens must be put on your board at their corresponding axes, in the first position, on the left side.

Your initial level of dice is - - (technical skill - energy level - mindfulness level) and your goal is to find ways to become - - .

THE GAME STARTS WHEN YOU TURN OVER THE FIRST EVENT CARD OF THE PACK.

Read it aloud and place it face up so that the other players can see it.

If the card is an **Individual Event**, you play it like this:

1. You draw a card from one of the suggested Training decks that you keep to yourself (icon on the left -).

2. You adjust the energy and mindfulness levels (icons on the right -).

If it is a **Group Event**, all players have to follow the steps above. Then your turn is over.

GAME FLOW



IMPORTANT: YOU HAVE TO GO THROUGH TRANSITION, SPLIT AND RANKING BEFORE PASSING THE TURN TO THE NEXT PLAYER. Triathlon Start (T0) is played as a Transition (T1 & T2)

EVENT CARDS help you collect cards from the Training packs and can increase and decrease the energy and mindfulness levels.

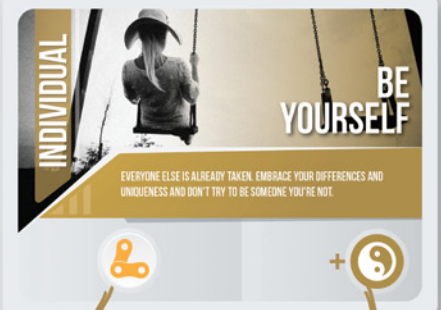
GROUP EVENT CARD



All players draw a card from one of the suggested Training decks (1 card from the SWIM Training Deck or 1 card from the BIKE Training Deck)

All players adjust their energy level (move the token two spaces to the left, within the limit of the board)

INDIVIDUAL EVENT CARD



YOU draw a card from the suggested Training deck (1 card from the BIKE Training Deck)

YOU adjust the mindfulness level (move the token one space to the right)



THE SKILLS

Before drawing an Event card, you can use the collected Training cards.

All of these illustrate five types of icons:



To develop your technical skills and increase your energy and mindfulness levels, you discard any combination of Training cards, following these rules:

		SWIM		BIKE		RUN
FROM		TO				
FROM		TO				
		ENERGY		ANY CARD WITH MEANS MOVING THE TOKEN ONE SPACE TO THE RIGHT - FROM TO		
		MINDFULNESS		ANY CARD WITH MEANS MOVING THE TOKEN ONE SPACE TO THE RIGHT - FROM TO		

EACH TRAINING DECK CONTAINS*:



*If the deck is exhausted, you can reshuffle the used cards into a new deck.

SWIM TRAINING SESSION



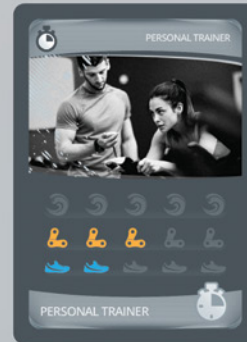
BIKE TRAINING SESSION



RUN TRAINING SESSION



PERSONAL TRAINER



EXAMPLE VALUES:




OR



You can only develop your Technical skills **gradually** (first **RED - YELLOW**, then **YELLOW - GREEN**).

You cannot pass from **RED** to **YELLOW** and **YELLOW** to **GREEN** during the same round. Once your level is up a color, you receive a die token of the same color that you have to place on your board on the designated Technical skill.



Only the **INJURY** (Individual Event) **card** can decrease your level of Technical skills. As a consequence, **ALL die tokens that you have on the board are changed to the color shown on the INJURY card** (i.e. all die tokens  to ).

Your Energy and Mindfulness levels **CAN** grow from **RED** to **GREEN** during the same round.

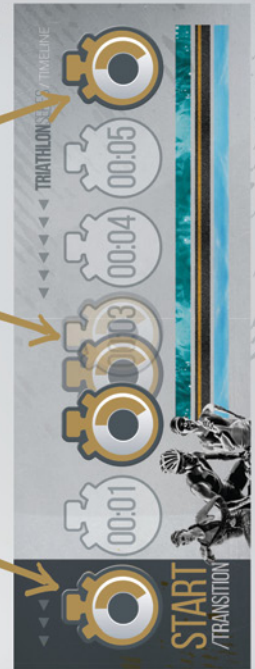
One full round of a Management phase is complete after the last competitor plays an Event card. After each round, the time tracker token moves a space, from 00:06 towards START. **Before drawing an Event card you can modify the time left till the race day by discarding the **Timeline card** and moving the time-tracker one space forward or backward, according to your strategy (see Timeline sketch).**

THE TIMELINE

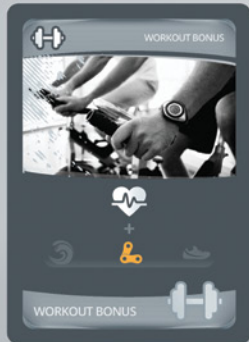
AFTER THE SPLIT IS PLAYED, THE TIME-TRACKER TOKEN RETURNS TO THE FIRST POSITION 00:06

AFTER EACH ROUND, THE TIME TRACKER TOKEN MOVES A SPACE, FROM 00:06 TOWARDS START.

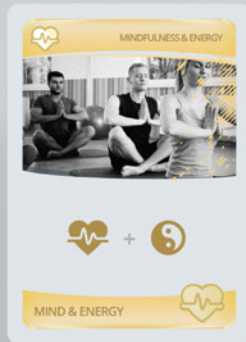
EVERY TIME THE TIME TRACKER TOKEN REACHES START 00:00 THE UPCOMING PLAYER STARTS THE RACE.



WORKOUT BONUS



MINDFULNESS & ENERGY



TRI MENTOR



TIMELINE



BEFORE drawing an Event card you can **MODIFY THE TIME LEFT TILL THE RACE DAY** by discarding the Timeline card


PHOTO FINISH




SEE THE FINISH LINE



SWIM SPLIT


To improve your SWIM skills, you can collect cards with  symbol from the SWIM Training deck when an Event card allows it.


You can also find cards with the  symbol in the Bike and Run Training deck (Personal Trainer and Workout Bonus cards), but not as many.

Swim (Start T0 / Swim Split/ Swim Split Ranking) is the first to play and starts when the Time Tracker Token gets to 00:00 for the first time.

BIKE SPLIT


Bike is the most exhausting split and, to be able to develop the necessary abilities, you need to double the number of trainings collected. Penalties collected during this round are also double.


To improve your BIKE skills, you can save cards with  symbol from the Bike Training deck, when an Event card allows it.

The cards with  symbol are also available in the Swim and Run Training packs (Personal Trainer and Workout Bonus cards), but not as many.

Bike (Transition T1 / Bike Split / Bike Split Ranking) plays second and starts when the time-tracker reaches 00:00 for the second time.

RUN SPLIT

To increase your RUN skills, you can collect cards with  symbol from the Run Training deck, when an Event card allows it.

More cards with  symbol are available in the Swim and Bike Training packs (Personal Trainer and Workout Bonus cards), but not as many.

Run (Transition T2 / Run Split / Run Split Ranking) plays third and starts when the time-tracker reaches 00:00 for the third time.

This round is followed by the Final Sprint.

THE RACE DAY

Every time the time tracker token reaches START (00:00) the upcoming player starts the race. To make it even easier, let's assume it's you!

YOU HAVE TO GO THROUGH TRANSITION, SPLIT AND RANKING BEFORE PASSING THE TURN TO THE NEXT PLAYER.

At this point, you take from the dice pool three dice corresponding to Technical Skill - Energy - Mindfulness colors that you can see on your individual board. These are the dice you will use in the transition phase.




THE TRANSITION

Each Transition phase is played as follows: **you turn over three transition cards valid for all players.** Each of these cards has a number in the middle (0,1,2) and icons on the lower side.

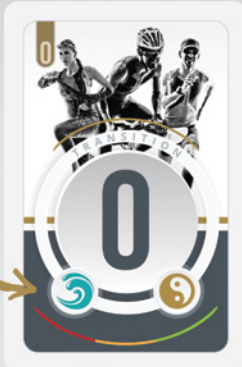


All you have to do is to **roll your dice with the combination of the numbers written on the cards.** After each successful roll, any die-card match is taken out of the game.

The transition (preparation for the split) is the phase when you can lose time, action marked in the game by the adding of a fourth die.

If you succeed **on the first roll**, you enter the race without delay and keep just the three dice. If you succeed from the **second roll**, you add a . If you succeed from the third roll, you add a . Otherwise, you get a .

BEFORE the first roll you have the opportunity to upturn your matching chance. You can get rid of one, two or even all transition cards paying the "price" illustrated on each card by discarding some of the Training cards gained so far.



This way it will be easier to hit one or two cards, using three dice.

IF YOU SUCCEEDED ON THE FIRST ROLL

NO DIE TO ADD

IF YOU SUCCEEDED ON THE SECOND ROLL

YOU ADD A GREEN DIE

IF YOU SUCCEEDED ON THE THIRD ROLL

YOU ADD A YELLOW DIE

AFTER THAT...

YOU ADD A RED DIE

HOW TO PLAY THE TRANSITION

YOU HAVE TO ROLL YOUR DICE THE FOLLOWING COMBINATION:



YOUR DICE, CORRESPONDING TO YOUR INDIVIDUAL BOARD.

FIRST ROLL



REMAINING CARDS



SECOND ROLL



REMAINING CARD



THIRD ROLL



REMAINING CARD



YOU GET A RED TRANSITION DIE.

YOUR DICE FOR THE SPLIT ARE:



THE SPLIT

You play the split with the dice you got from the transition (three or four dice). Roll all dice at the same time. The sum of all dice represents your place at this round. Check the ranking card corresponding to the round and adjust your energy and mindfulness levels as per corresponding place. At this time you also receive the time penalty token.

If you are awesome enough to roll 0-0-0 or 0-0-0-0 you score "season's best" and you erase all the delays you accumulated so far (during all rounds). The energy and mindfulness levels remain unaffected. After, you pass the floor to the next player.

After all the players follow the sequence **Transition - Split - Ranking**, the time-tracker token returns to the first position (00:06) and the entire process is rerun for another Management phase. The first split is Swim, then Bike and Run.



AGE **14+**PLAYING TIME **90'+**PLAYERS **2-4**

THE FINAL SPRINT

After the Run split with the updated ranking (of energy and mindfulness levels, and delays) **the final sprint takes place.** This is the last round, **played as a transition** with a little twist. **Instead of another die, you get a time penalty token.**

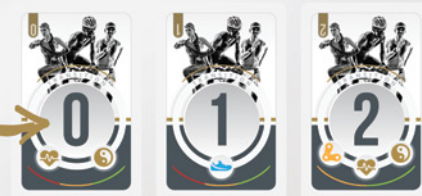
Once again, you chose from the dice pool the ones corresponding to your board (run-energy-mindfulness). You turn over three transition cards and try to roll the dice with the combination of numbers written on the cards, with a minimum number of trials. After each successful roll, any die-card match is taken out of the game.

If you make it from **the first roll**, you get no time penalty token. If you succeed from the **second roll**, you get time **penalty token value "1"**. On **the third trial**, you get a time **penalty token value "2"**. After that, you get the time **penalty token value "3"**.

BEFORE the first roll you have the opportunity to upturn your matching chance. You can get rid of one, two or even all transition cards paying the "price" illustrated on each card by discarding some of the Training cards gained so far.



This way it will be easier to hit one or two cards, using three dice, just like in the Transition phase.



IF YOU SUCCEEDED ON THE FIRST ROLL

NO PENALTY TOKEN TO ADD

IF YOU SUCCEEDED ON THE SECOND ROLL

YOU GET A



IF YOU SUCCEEDED ON THE THIRD ROLL

YOU GET A



AFTER THAT...

YOU GET A



THE FINISH LINE



After the Final Sprint, **all players count their time penalty tokens and the winner is revealed.**

If there are two players with the same overall ranking position and one of them has the Photo Finish card (there is only one Photo Finish card in the game, in the Run Training pack), he or she wins the position and the other player drops a place.

THE PLAYER WITH THE LEAST PENALTIES IS THE TRIATHLON WINNER.

TO MAKE IT EVEN EASIER, LET'S ASSUME IT'S YOU! 😊



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and drop us a line at
hi@afterracegames.com

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AfterRace Ltd.

17 Bahluiului street | Bucharest, Romania
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