

TRIATHLON- RACE DAY CHECKLIST

A sense of humour & your competitive spirit

Tri suit or Top & bottom set *6

SWIM

bathing suit

Wetsuit

Necksoap

Goggles x2 pairs *1

noseclip

earplugs*2

Swimhat*3

towel *4

BIKE

a bike of your choice

helmet -to BS standard *5

cycling shorts/tri shorts

cycling top

spare inner tubes & pump

bike shoes

gloves & arm warmers

socks

sunglasses

water-bottles full

energy gels/foodstuffs

RUN

running shoes

socks

runtop (with number attached)

number belt with numer attached

cap (sun protection)

bungee laces

vaseline

CHECK THE TIME OF YOUR WAVE

Ensure all bike preparation has been done the night before the race, NOT on race day

BEFORE RACE CLOTHING

Safety pins, rubber bands, spare liquid to drink, money, BTA card & Serpy card, race info & directions, entry confirmation, reliable foot pump.

AFTER RACE CLOTHING

Bin liner for wet clothes, total dry change of warm clothes, FOOD & hot drink, massage money!

NOTES & HELPFUL HINTS

- *1- spit works to clear goggles as well as the purchased stuff, and is one thing less to remember!
- *2 - wearing earplugs could add an inherent danger of not hearing instructions!
- *3 - coloured swimhats are usually supplied to differentiate waves(groups) in races. Though bring an extra one for cold weather as more hats equals warm head.
- *4 - lay out your towel with your shoes etc neatly available in the order you will need them, more will be spoken of this by our coach
- *5 - Helmet- has to be BTA approved quality. Check with seller before buying.
- *6 - Tri-suit v's other alternatives

You can make a change at each transition if you wish! But it seems best if you opt for either a tri-suit (all-in-one), or the split top & bottom version of the tri-suit. This is a significant decision to make as the wearing of either of these outfits will save crucial time in transition. They have a small bike patch in the crutch, and are made of material which dries quickly. Only disadvantage is, it may be cold on the bike ride, but it is all over so quickly you won't notice.

Transition -

all bike positions (your space) in transition are ear-marked by the race organisers with your race number, so you cannot decide for yourself where you put your bike. However if it is up to you choose somewhere with a natural reference point to help you navigate to your space when re-entering transition (eg. a tree, end of line etc). Some clever people at the London Tri used gaffer tape to mark big arrows on the concrete

tri-bars or not tri-bars-

in Europe events do not allow 'bars to project more than 18 cms from the stem. However as drafting is mostly allowed this makes up for the loss of speed. In the UK at present there are no such constraints-use them they save you energy.

Vaseline-

This is great for putting on to stop nipple rash, or saddle rash. One trick is to put it on the back of your running shoes to aid getting them on during your bike/run transition. However

- DON'T USE IT WITH YOUR WETSUIT; it will corrode your suit, use body butter from the Body Shop or the grease sold with your wetsuit.

Shoes on pedals or off pedals

train with them, and get it right and you will be quicker. Get it wrong...think Jodie Swallow!

Bungee laces

Helps to get your run shoes on very quickly after the bike when you can be a bit distracted

Run cap

Very important in the sunshine if you have hair like mine