

# Triathlon Checklist

By Kimberly French

- Swim
  - Make sure you have a wetsuit for cooler temperatures.
  - Check with the race if a wetsuit is prohibited before renting or purchasing.
  - Choose for triathlon specific wetsuit that is designed for enhanced buoyancy and flexibility for swim strokes.
  - Have goggles for comfort and visibility.
  - Have an anti fog solution to ensure clear visibility.
  - Practice couple times in the ocean because salt water and waves are difficult to reproduce in a pool.
- Bike
  - Having a mat or towel to stand on is helpful to shed dirt and pebbles that may be on your feet coming out of the water.
  - Have a transition mat to serve as shield between hot asphalt and your feet.
  - Have a transition bag with wet/dry pockets a helmet catch, and other special features.
  - Have appropriate bike for the race.
  - Make sure you are comfortable riding your bike.
  - Make sure you have the right type of bike for your race.
  - Have clothes that are designed for bike and run.
- Run
  - Carry some sort of nutrition.
  - Be sure to train in the clothing you race in.
  - Make sure your clothing will be comfortable over long distances.
  - Use laces that allow you to get in and out of your shoes quickly.
  - Use elastic laces only for the shorter sprint and olympic distance triathlon races.
- Triathlon Race
  - Arrive early.
  - Fix your bicycle properly.
  - Have your helmet open and prepared to put on.

- Check if you have got backup inner tubes, a bicycle pump and the required tools to change the tube with you.
- Bicycle shoes are either attached to your bike or directly underneath.
- Take a box with you where you can put your triathlon wetsuit after the swimming portion.
- When you return from the cycling portion your running shoes should be ready.
- You can use color ribbons as bracelets to give your mind something to focus on during long swimming portions.
- Keep some plastic bags handy.
- Use a heart rate monitor.
- Be on time for the briefing.