



You should have goals for every race you do, even training races. Write below what three things you would like to accomplish or learn today.

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2

3

To Bring

Swim

- Tri shorts, swimsuit, or tri suit
- 2 sets of goggles (I like one tinted and one normal)
- Bright-colored towel
- Wetsuit

Bike

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Helmet <input type="checkbox"/> Cycling shoes <input type="checkbox"/> Socks (if wearing) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Water bottle(s) <input type="checkbox"/> Nutrition <input type="checkbox"/> Tool Kit <input type="checkbox"/> Tube | <ul style="list-style-type: none"> <input type="checkbox"/> CO2 <input type="checkbox"/> Levers <input type="checkbox"/> Multitool <input type="checkbox"/> Floor pump (pump up your tires before you leave home but leave the pump in your car just in case) |
|---|---|

Run

- Running shoes (2 pairs if you have a late start time. One to leave in transition and one to warm up in)
- Race belt
- Hat/visor

Other

- Training device (Garmin, Timex, etc.) & heart rate strap
- Body Glide
- Sunscreen
- Vaseline, powder, band-aids
- Blunt nose scissors for sticker origami
- Post-race, warm change of clothes
- Post-race recovery drink/snack with a 4:1 ratio of carbs vs. protein

To Do

- Wake up early and eat 3-4 hours before your start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).
- Stop *drinking* fluids about 2 hours before your start time. Continue *sipping* as needed. Pee, pee, and then pee again (don't worry, everybody pees in their wetsuit).
- Get to the race early to secure a good spot in transition. Ideally, this is a spot on the end of the rack close to the bike in/out.

“Endurance is not just the ability to bear a hard thing, but to turn it into glory.”

- William Barclay

- Make a mental note of landmarks to help you easily find your rack.
- Use a bright-colored towel so your area stands out...and be courteous. NO BEACH TOWELS!
- Leave the balloons at home - you will not make any friends if your balloon is tangled around someone else's bike.
- Organize your gear in the order you will use it - run through transitions in your mind.
- Complete a good 10-15 minute running warm-up about 45 minutes before start time
- Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Be on the line 5-10 minutes before the gun.
- Remember that this is why you put in all those training hours. Believe in your training, do your best - and have fun!