

TRIATHLON – SOME KEY POINTS

1. THE TRANSITION AREA

- a. Organize your gear on the ground for easy access, in transition.
- b. Rack your bike under the front portion of your seat or handle bars.
- c. If you have a bike with aerobars, you can place helmet upside down on your handle bars.
 - i. If you have a bike with standard handlebars, connect the neck strap around your top tube of your bike
- d. Placing sunglasses inside your helmet will assure you don't forget important eye protection.
- e. If you have a watch (not waterproof) you will be wearing during the bike and run you can place it inside your helmet along with your sunglasses. The other option is to wear a water-proof watch that you can wear during the swim.
- f. Loosen bike cleats, so you can get your foot in easier.
- g. "GLIDE" can be used in areas of possible chaffing or for helping ease gear on. (Shoes, wetsuits or clothing items) PUT ON PRIOR TO THE RACE
- h. A towel in transition can be useful to dry off, but not necessary as you will dry off on the bike.
- i. Have your running shoes open and ready for entry?
 - i. Consider using elastic lacing so you do not have to tie your shoes. (Zip laces/speed laces)
 - ii. Make sure the elastic laces are not too tight as they can cut into the top of your foot due to their smaller diameter compared to standard laces.
 - iii. You can place "GLIDE" on the underside of your tongue and in the heel area of your shoe to ease entry of your foot into your shoe.
- j. Regarding sock wear:
 - i. You can roll your socks inside out from the heel towards the toe, one half the distance of the sock. This allows you to place your toes into the end of the sock first and then grasp the folded portion and pull it over your heel. This is especially helpful when your foot is wet.
 - ii. Baby powder inside your socks will help them slide on easily and cut down on odor.
 - iii. Some bike and running shoes are made for sockless use.
- k. Race Belt: This is a good investment and a quick easy way to put your race number on after the swim, as it attaches to the belt. Attach race number to the race belt **prior** to race and have in transition.
 - i. Some races require you to wear your belt with bib number during the bike others only require the bib number be visible on the run, make sure you are aware of the race rules.
- l. If you want to wear a hat during the run, place it on-top of your shoes ready for application.

m. Sun block/Tanning lotions:

- i. Most races, you will receive body markings or be asked to apply yourself. Get this done before you put on sun block or tanning lotions, otherwise the numbering will not stay on in the water.
- ii. Let the ink fully dry before you squat down. If you do not, it is possible it will smudge or imprint on the back of your thigh.

2. COMPONENTS

a. SWIM

- i. Place anti-fog on the inside of your goggles.
- ii. You can place your goggles on prior to your swim cap:
 1. This makes it more difficult for your goggles to be inadvertently removed by another competitor during the swim.
- iii. Start your swim slower than your anticipated race speed to prevent getting overly winded at the beginning of the swim.
- iv. Initially, use whatever breathing technique works best for you to remain comfortable:
 1. Consider breathing with every stroke to reduce hyperventilating.

b. BIKE

- i. Be sure you're prepared for changing a flat tire. Practice sessions are great and will make the experience (when it happens) more comfortable.
- ii. Have your bike geared with your chain in the small chain ring in front and the middle chain ring in the rear. This will make it easier for you to mount your bike out of transition.
- iii. Remember to hydrate while you are riding to prepare for the run.
- iv. Preparing for the Run; 5-10 minutes prior to entering the transition area lower your resistance/gearing so that your legs can have a chance to recover.
- v. Always be aware of traffic. In most, if not all cases you will be riding on roads that are open to public traffic. Never assume a driver sees you. Use caution at all times.
- vi. Using headphones is not recommended and or prohibited while riding. Check event rules to make sure you are in compliance. In some cases, this can cause you to be disqualified.

c. RUN

- i. Typically, your bib number should be facing forward during the run, especially at the finish. The event rules will generally state this or it will be addressed at the pre-race meeting.
- ii. Running after the bike segment requires patience. You will need to run through any discomfort that you feel:
 - 1. Start the run at a slower pace until your legs get accustomed to the concept of running after being on a bike.
- iii. Remember to hydrate and listen to your body:
 - 1. Consider hydrating with your fluid of choice every 10-15 minutes on the bike and run.
- iv. MOST OF ALL HAVE FUN!!