

**For new triathletes!**

**Steps for  
competing in a  
Triathlon**

# Steps on completing a successful triathlon:

1. Sign up for a DAR triathlon.



2. Either save the registration in an email folder or print it out. This is where you will find your QR code.



3. Download the DAR general race guide which can be found on the race's website.



4. Decide what you are going to wear. Remember you are swimming first and that you will not have any where to change out of a swimsuit. You can buy a triathlete outfit online or wear a swimsuit and put on a shirt (and possibly shorts) for the bike and run.

5. Open all emails that are sent from runsignup.

6. Come to a packet pickup before the race. Do not wait until race day unless you live 50 miles or more from any of the packet pickup locations. The locations can be found on the website. An email will also be sent. Bring your photo id and your QR code. (see #2)

7. At packet pickup you will get the following items:

**Race numbers:**

**Helmet Sticker (placed on front of helmet)**

**Bike Sticker (placed on seat post or cross bar)**

**Run Bib (worn pinned on shirt front or race belt)**



**Timing Tag.** Make sure it matches your bib number. place it on your left leg. It is a good idea to put it on before you leave for the race.





- 8. The night before the race, think about what you need for each segment of the event.**

**Important items:**

**Goggles, swim cap (optional)**

**Towel to wipe off feet for socks**

**Socks**

**Helmet**

**Shoes for bike and run**

**Hand towel for placing your items on**

**Shirt and or Jacket (if chilly) with bib pinned on**

**Place everything in a gym bag.**



- 9. If your bike is carried on the outside of your vehicle, don't put on your bike number until you are at the race as it might fly off.**

# Stay safe and have fun!

