Welcome to the 2020 DIY TRI



Everything you need to create your race kit is included in this pdf file.

We told you it was Do It Yourself!

Print it out.
Cut it out.
Pin it on.
Find a Sharpie for body marking.

If you don't want to print a bib from this file you can find one as a digital bib to print with your bib number and name for each registered event.

You're ready to go!

Do your race.
Upload your results.
Print out your finisher certificate.

Most of all go have some FUN!

DIY Race Bib



Cut along the dotted line

DIY Finisher Medal



Cut along the dotted line, punch a hole in the top of the medal and find a ribbon or piece of string and proudly wear your medal around your neck when you're done!

If you do more than one event give yourself a medal for each and write your event info and date on the back.



DIY Athlete Wristband



Cut out the writstband and tape it onto your wrist. Don't forget to add body marking for the complete race experience!



Registered Athlete





DIY Shirt Graphic

Cut along the dotted line

Here's a chance to have your very own customized race shirt!

You'll need to get an iron-on shirt transfer package. Good ones are available by both Epson and Avery. (DIY - Google "iron-on shirt transfers") and order one. Low-tech cotton shirts probably work best with an ink jet printer.

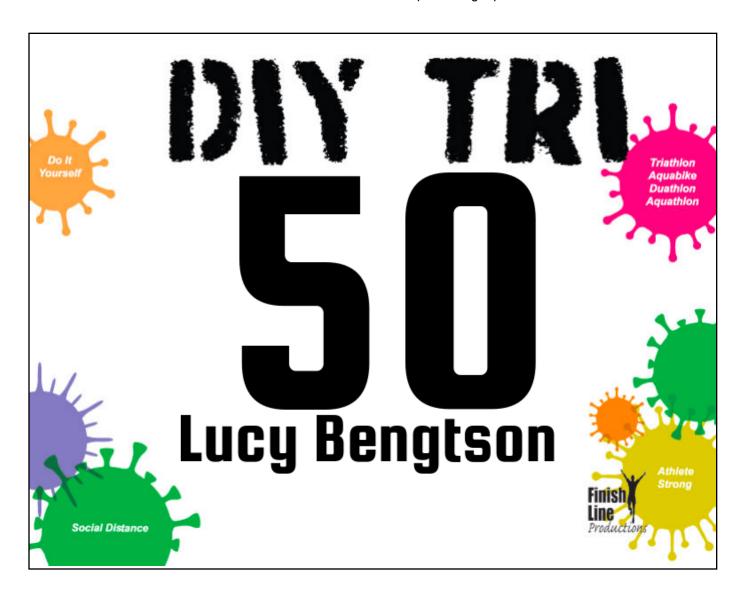
Cut out the shirt logo below. Add your name or event info or anything else you want to have on your shirt.

Wear it proudly for your post-race photo and don't forget to upload it so we can see what your did!





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This is a sample of the digital bib you can download. You received an email with the number assignment right after you registered. This is Lucy's bib - first black labrador to every compete in a triathlon! The swim and run are second nature to her but she's having a harder time learning to ride a bike!

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