



# CHECKLIST

## SWIM

- Swim cap (Not supplied on the day)
- Goggles
- Medium sized beach towel (microfibre is good)
- Firm fitting swimsuit/ speedos
- Swimsuit and or trisuit (not necessary for your 1st go)
- Timing chip (supplied in your race kit)

## BIKE

- Bike (any bike with do, borrow one if you can)
- Bike (e-bikes are not allowed)
- Shoes (suitable for the bike & the run leg)
- Medium sized beach towel (microfibre is good)
- Helmet (to Australian standard)
- Sunglasses (optional but can help on a sunny day)
- Water bottle (with bike attached would be great)

## RUN

- Shoes (suitable for the bike & the run leg)
- Cap/ visor or headband
- Race belt (to attached your race bib to)
- Race bib (supplied in your race kit)



**TRY-A-TRI**

# CHECKLIST

## OTHER MUST HAVES

- Sunscreen
- Anti-Chaffing cream
- Sports watch
- Transition bag (drawstring bag)

## NUTRITION ESSENTIALS

- Eat nothing new on the race day - Keep it simple
- Carbs/ pasta 24hrs before
- Energy gels for race day
- Sip electrolyte drinks 2hrs before the race
- Use the bathroom before the race

## RACE DAY DONT'S

Never, ever race in clothing or use nutrition you haven't tried on race day

No beach towels

Helmet on before touching your bike/ Helmet off after racking your bike

Obey all signs for your safety

Obey all marshals in all legs of the triathlon for your safety

No ipods, phones or listening devices are permitted under any circumstance at any stage of the race.

# ENJOY YOUR DAY!



# RACE DAY TIPS

Wake up early and eat 2-3 hours before your start time. Eat only familiar, easily-digestible foods (ie. banana and a toast and vegemite).

Try and Poop before you leave home, often pooing in porta loos is a less than enjoyable experience and lines can often be lengthy.

Take a shower and start the morning feeling fresh and awake.

Make sure your water bottles are filled and on your bike.

Apply your glide, vasoline and sunscreen before you leave home, bring it with you just in case you need extra.

Leave yourself plenty of time to drive to the event, often changed traffic conditions are already in place prior to the race start, so know your route and where you can park.

Stop drinking fluids about 1 hour before your start time. Continue sipping a weak electrolyte drink as needed. Pee and then pee again (don't worry, everybody pees in their wetsuit).

Get to the race early to secure a good spot for your bike in transition, when getting to transition you need to be wearing your helmet fastened prior to entering. Ideally a good spot in transition is on the end of the rack close to the bike in/out.

Make a mental note of landmarks to help you easily find your rack. Use your bright coloured towel so your area stands out...and be courteous. NO BEACH TOWELS! (your space in transition is narrow so smaller gym type towel is better)

Organise your gear in the order you will use it – run through transitions in your mind, bike then run, remember to take everything you need for your swim. Put your clothing from the morning and for after the event into your bag and check your bag and pump into the baggage check.

Attend the Race briefing, the referee will outline the rules and any important information including any hazards or course changes.

Put on your wetsuit and cap and hop in the water for a good swim warm-up 15-20minutes before your start time.

Be in your allocated start area 5-10 minutes before the gun, look out for others wearing the same coloured cap as you they are part of your wave and generally a good indicator of where you need to be.