



WHAT TO REMEMBER ON RACE DAY

Know when, where and what you are supposed to be doing. It's important that you read everything which will save you a lot of time and worry on race day. Know what time to be where. Most importantly know what the course is, race regulations and USAT rules. The night before the race lay out your transition on the floor at home to ensure you have everything. **Get to the race early!** Give yourself plenty of time to check in and set up your transition then you can relax and smile at others panicking.

- **Race packet pick-up will be from 6:30-7:45 on Sunday June 18, 2023.**
- **Transition area closes at 8:15.**
- **Race will begin at 8:30am.**
- **Parking will only be in designated areas.**

SWIM

Swimwear (you will probably wear to the race)

Swim Cap

Goggles (I usually take 2 pairs)

Wetsuit

Towel

Body Glide (for neck, legs etc)

BIKE

The Bike itself!

Helmet

Bike Shorts

Jersey or Tri Top

Bike Shoes

Bike Gloves

Sunglasses

Spare inner tube(s)

Tools

Pump or CO2 cartridge

Water bottles

RUN

Running Shoes, Socks, and Shorts

Race belt

Hat

Water bottle



OTHER

Watch and HR Monitor
ID
USAT Card
Race Day Nutrition– Drinks, Gels, Salt Tablets etc.
Sunscreen
Toilet paper (just in case)
Dry clothes
Large Plastic Garbage Bag – In case it rains it can act as a coat.

Registration

As you enter the park you will see Registration at the Gazebo. All participants will be asked to show ID. You will receive a race packet and inside will be your race number for Helmet, Bike and Race shirt, swim cap, race chip and wristband.

Place the race chip on your ankle. If you are in a relay, it will go on the ankle of the swimmer and be passed on at each stage. You will also have a wristband, which you MUST have on to enter and exit Transition.

Once that is done you will be given your race shirt.

Next is Body Marking. You will mark your race number on both arms & the back of your hand. Proceed to Transition.

Transition Etiquette

There isn't usually much room in Transition area so please don't set up camp with Coolers, Chairs etc. It will get in the way of both you and other competitors. All you need is your towel laid out with enough room for your bike shoes, socks, run shoes and nutrition. Nice and simple. Also, do not interfere with anybody else's equipment. If their bike is in the way or in the wrong place, ask them to move it or ask an official to.

Transition Set Up

Rack bike by your race number
Place Towel next to bike
Place bike shoes at front of towel and run shoes behind with tongues open
Place Socks in bike shoes
Place Race number belt on bike or run shoes
Place Helmet on handle bars
Place Sun Glasses in helmet
Place race shirt (with number on) over helmet
Check Nutrition is on the bike
Reset Bike Computer
Check the bike is in a low gear to exit.
Step back and mentally run through your transition

Pre Race

Walk through the transitions from Swim to Bike exit and Bike to run exit. Look where your bike is, count which row it is on or located next to a tree. Stretch, relax, smile, and have a Great Race!

Keep Tri-ing and NEVER DNF!