

Triathlon Race Day List

Needed for Racing

(*optional):

- Swim suit/and or
- Wetsuit
- Goggles (2 pr*)
- Swim Cap
- Body Glide*
- Sun Block*
- Transition Towel*
- Bike
- Helmet
- Bike Shoes
- Full drink bottles/
camelback
- Sunglasses*
- Socks (if you wear
them*)
- Bike Shorts/skinsuit*
- Jersey*
- Bike gloves*
- Spare Tube
- Pump and/or CO₂
Cartridge (w/adapter)
- Tire levers
- Tire patch kit*
- Running shoes
- Race Number
- Socks*
- Hat*
- Race Belt*
- Food (gels/bars)
- Good attitude!

Other Helpful Pre-Race Items:

- Walkman/MP3 Player &
batteries/headphones
- Bottle of sports drink to
drink prior to race (opt.)
- Bottle of water drink prior
to race (optional)
- Long sleeve shirt
- Tights or sweat pants
- Sandals or comfy shoes
- Warm hat/Baseball hat
- Gloves (if needed)
- Extra contacts/glasses
- Lip balm

Race Day Schedule

- Wake-up 2.5-4 hours before race start
- **Finish** eating 2 hours before race start
- Arrive at race site 60-90 minutes before
race
- Set-up transition and get body marked
first
- Bike 10-20 minutes to warm-up, and to
make sure everything is operating properly
- Run 5-15 minutes (to far away
bathroom- no lines), with a couple of
pickups to race pace
- Start putting on wetsuit 20-30 minutes
before swim start
- Warm-up in water for 5-10 minutes
before swim start
- Finish swim warm-up about 5-10
minutes prior to race start
- Race smart, be safe, and have fun!

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