

I. Swim

- goggles
- swimsuit
- ear/nose plugs
- sunblock
- lens cleaner
- watch - Ironman
- thongs/flipflops
- fresh t-shirt after the race
- waterpan
- _____

II. Bike

- bike
- cycling shoes
- race wheel set/tires
- extra tubes
- presta valve adapter
- patch kit
- tire levers – 2-3
- pump (gauge marked for race day PSI)
- CO2 dispenser – 2-3 cartridges
- chain cleaner
- chain lubricant
- tool kit/set of metric allen wrenches
- spoke wrench
- duck tape
- 6-8 rubber bands
- fluid for race water bottles
- bike stand – if you have one – for minor repairs/adjustments
- rim strip tape – 1-2 rolls
- 4-6 trash bag ties
- 4-6 zip ties
- _____
- _____

III. Run

- running shoes w/ lace locks
- extra pair of lace locks
- extra pair of shoe laces
- Shoe Goo
- hat
- sunglasses
- number belt
- extra pair of safety pins
- singlet
- powder
- _____
- _____

IV. Nutrition

- water to drink before the race
- fluids to drink during the race
- water/fluids to drink in the car on the way home (MLO)
- energy bars – 2-3 (MLO/GeniSoy)
- energy gels - 3 or more (Carb Boom)
- banana
- ibuprofen
- Magonate – for cramping and/or fatigue
- protein drink mix (MLO)
- _____
- _____

V. General

- money – buy at the expo, emergency
- water pan
- towel
- eye drops
- extra case for contact lenses
- keys to car (keep extra set in gear bag)
- pad and pen/pencil
- 3-5 business cards
- Bodyglide /vasoline
- deodorant
- cologne
- magic marker – permanent

VI. Before the race

- bike tune up (Temple Terrace Schwinn)
- clipless pedals cleaned and lubricated
- check race wheelset / tires – change over
- chain cleaned
- bar tape need replacing?
- no broken spokes in wheels
- toe clip straps need replacing
- _____
- _____

VII. *Bill Floyd Coaching* Website

- www.TriFloyd.com
- check regularly triathlon race calendar
- check for new clinics/camps
- check out websites of sponsors
- download triathlon training log
- check website store for needed products

Thank you for attending one of TriFloyd Triathlon Clinic's with Bill Floyd Coaching!