

Race Preparations

Transition

- A. 3 areas of transition
 1. set up
 2. swim to bike
 3. bike to run

- B. Set up
 1. arrive 1 – 1 ½ hours before start of the race
 2. after registration
 - a. put race number on your bike, preferably around your seat post
 - b. read the course map page and the rules of the race
 - c. head immediately for the bike transition area
 - d. get body marked
 - e. place Championship on your left leg – away from the crankset
 3. find your number on the bike racks
 4. place your bike on the rack with the saddle supporting the bike, front wheel out first
 - a. air up your tires now or at your car – go to the maximum PSI shown on your tire
 5. open your bag with your race gear
 - a. place your helmet upside down on the handlebars with the chin straps unsnapped and placed in an open position
 - b. place your water pan next to your bike
 - c. place a towel next to your pan
 - d. place shoes on/next to the towel
 - e. Bodyglide your ankles or use a powder for feet to slip in easier
 - f. fill your water/aero bottles with your race liquid
 - g. place sunglasses inside helmet
 - h. place singlet on top of helmet
 - i. open packets of gel ahead of time
 - j. check your watch for all “o’s”
 - k. check your goggles for strap tightness and fit
 - l. check your swim cap
 - m. walk the transition and count from the entrance the number of racks to your bike / walk to the bike exit

Notes:

C. Swim to Bike

1. walk the transition area looking at the ground for hills, mounds, holes, ant beds, anything that could disrupt your running
2. check entrance runway
3. go to the starting line
4. put on your cap, over your ears, put on your goggles, check your watch
5. swim for 2 – 3 minutes, stroke orientation, not power or speed
6. go back to starting line for start
7. swim until you *touch* with your finger tips!
8. spring to your legs, pulling off the swim cap and goggles
9. high step in the water to move faster
10. move your arms and concentrate on breathing
11. *drink water* if race provides it before the transition area

READYING FOR EXITING TRANSITION AREA WITH YOUR BIKE

12. run to your bike, do not run down the middle of the transition area. Run closer to the side your bike is on for time saving and quicker recognition
13. go to your bike
14. feet first into the water pan, then put shoes on for cycling unless you are clipped in already
15. put on singlet, then sunglasses, than helmet (if you hung your sunglasses on your stem, then put helmet on first, then sunglasses)
15. grab gel packet, empty it as you are taking bike to exit
16. with shoes clipped on or using toe clips, begin pedaling (up to 12-15 mph or faster, if comfortable), first, then put shoes on

PREPARING TO RE-ENTER BIKE TRANSITION AREA

Notes:

D. Bike to Run

1. wiggle your toes one mile from transition area
2. *drink 4 – 6 ounces of fluids* ½ mile from transition area
3. unstrap your shoes and pedal on top of your shoes the last 100 – 150 yards
4. on side for dismounting, pedal in down position, swing right leg over saddle, one smooth motion staying in forward motion
5. run with bike on side your bike rack is on
6. place bike, by the saddle, back on rack
7. unstrap your helmet now and place on the ground
8. water pan, if needed, put on running shoes, while leaning over, pull on hat
9. grab number belt and place gel pack in your teeth
10. while running to exit, snap on number belt
11. empty gel pack
12. *grab water*, if available, and use one for *drinking*, one for your neck and shoulders

E. After the race

1. clean up your transition area
2. leave your number on your bike for race official identification

F. Drive home safely!

Notes: