



GUIDE TO TRANSITIONS

1. Know where your bike is - scope landmarks, use chalk, etc.
2. Practice!
3. Pack the night or day before and repack
4. Suggestions on items to pack:
 - Race apparel
 - 2 pair of socks
 - Nutrition pre-, during and post-race
 - 2 pairs of goggles
 - Wetsuit
 - Electrical tape
 - Body lube
 - Sunscreen
 - Water for before event
 - Water bottles filled
 - Hat
 - Helmet
 - Sunglasses
 - Race belt
 - ID
 - USAT card
 - Running shoes
 - Bike shoes
 - Post-race clothes
 - Bright towel
 - Money and/or credit card

5. Know your race number

TIPS:

- Practice your plan physically and mentally
- Be a minimalist
- Run with your bike, practice
- Attach small items to bike (gels)
- ONE outfit
- Speed laces
- T2 - just get your hat, belt and go!