

GUIDE TO TRAINING EQUIPMENT



RACE MUST HAVES: The minimum required kit to race

1ST RACE - NICE TO HAVE: Want some comfort, your final time is important, then consider these options

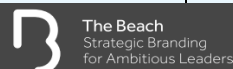
HOOKED - OPTIONS FOR THE FUTURE: Fallen in love with the sport, the sky's the limit

RACE DAY	RACE MUST HAVES	1ST RACE - NICE TO HAVE	HOOKED - OPTIONS FOR THE FUTURE	COMMENTS
SWIM	Swimsuit	Triathlon race suit		A triathlon race suit is worn throughout the race (through all three disciplines). It is made of special fast drying material and has pockets for all the gels and special food that you think you'll need. It also has light padding for the bike section
		Triathlon wetsuit hire or borrow a friend's wetsuit	Triathlon wetsuit purchase	NB. Snorkels, masks and flippers are not allowed! Google 'Triathlon wetsuits for hire' for more info
	Swimming Cap			This is provided by the event
	Goggles	Open water (OW) goggles		OW goggles are often bigger with wider vision, lens options include – polarised (anti glare), smoked (sunlight), yellow (improves vision in varying light)

PROMOTER AND
EVENT MANAGEMENT



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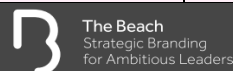


RACE DAY	RACE MUST HAVES	1ST RACE - NICE TO HAVE	HOOKED - OPTIONS FOR THE FUTURE	COMMENTS
BIKE	Bike - any you have	Roadworthy racing bike	Time trial / tri bike or a road bike with clip-on tri bars	It is good to have a water bottle holder on your bike, however we will ask for other accessories to be removed e.g. panniers, horns, trailers etc. If you are in the Standard category you may wish to borrow a racing bike to aid your effort
	Helmet		Aero-dynamic helmet	A helmet is compulsory
	Trainers	Cycling shoes	Triathlon specific cycling shoes – already clipped into the bike's pedals	Socks - To wear socks or not, up to you but do not go barefoot for the first time on race day
	Shorts and T-shirt	Run / Cycle quick dry top and shorts (and maybe a padded saddle cover)		At no time during the race can you be in your birthday suit! So add clothing as required on top of the swimsuit. i.e. put your shorts on over your swimsuit. If you're after a good time remember ALL clothing that has to be put on or taken off wastes time
		Sunglasses	Sunglasses with polarised lenses	Keeps the bugs, grit and sun out of your eyes
	Safety pins - to fix your race number	Race Belt	Race belt with gel loops	Your race number needs to be on your back for the bike section and on your front for the run section. Your race pack will contain 2 x race numbers. A couple of safety pins will be in your race pack to ensure it stays attached to your clothes or race belt

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RUN	Shorts	Running shorts		
	T-shirt	running vest / top		
	Trainers	Fancy running trainers		
		Sports watch		
		Sunglasses	Sunglasses with polarised lenses	
	Safety pins - to fix your race number	Race Belt	Race belt with gel loops	Your race number needs to be on the back on the bike section and front on the run, you often only get 1 number. A couple of safety pins will be in your race pack to ensure it stays attached to your clothes or race belt

RACE DAY	RACE MUST HAVES	1ST RACE - NICE TO HAVE	HOOKED - OPTIONS FOR THE FUTURE	COMMENTS
TRANSITION	Plastic box / carrier bag / sports bag	Specific transition bag		Keep your kit together, if it's raining use it to keep your kit covered if you can – remember there's not a lot of room in the transition for each person
		Towel		A bright coloured towel will make it helpful to find your bike as well as standing/drying your feet on

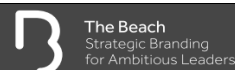
NUTRITION AND HYDRATION	Water	Energy Drink	Electrolyte powders and energy gels	Always advisable to have water ready in transition and on the bike
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Other	Anti-chafe Cream	Prevents friction rash from wetsuit, chamois cream makes the bike more comfortable on a longer ride		
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