

## Triathlon Preparation Checklist

Tasks day/night before race	Completed
Low physical activity day before race	
Hydrating	
Pick up race kit if applicable	
Arrange transportation to race site, check a map for route to race if unfamiliar with area, estimate travel time, gas up vehicle, print off parking passes if necessary	
Pre-race supper, lots of carbs (eaten 1-2 hours earlier than normal to aid in digestion)	
Gather and check all race gear (as per gear checklist)	
Check race start times again	
Pump bike tires	
Bike rack on car (if applicable) or bike in car	
Charge GPS watch	
Freeze water/fuel bottles if race day to be hot	
Organize pre-race/race/post-race nutrition	
Check weather forecast	
Set alarm clock for earlier wake-up	
To bed by 10:00pm for adequate rest	
Tasks morning of race	Completed
Up slightly earlier than usual	
Check weather forecast	
Eat breakfast (2 - 4 hrs. pre-race) and drink adequate water	
Wear appropriate clothing	
Bike on rack/in car	
Bottles out of freezer	
Get GPS watch	
Sip fluids en route	
Listen to good tunes!	
Arrival at Race Site	Completed
Check in with race organizers, sign waiver, get shirt, get body marked, get race chip	
Choose a memorable transition area	
Drinking fluids	
Organize/Set up transition area: <ul style="list-style-type: none"> <li><input type="checkbox"/> foot rinse set up and/or towel down for feet</li> <li><input type="checkbox"/> number attached to race belt</li> <li><input type="checkbox"/> helmet, gloves, sunglasses, fuel belt, GPS race belt accessible,</li> <li><input type="checkbox"/> running shoes open or tied, socks lay on top of each shoe</li> <li><input type="checkbox"/> running hat/visor sized correctly</li> <li><input type="checkbox"/> water bottle carrier/fuel belt full and sized correctly</li> <li><input type="checkbox"/> put race stickers on front of helmet and on bike if provided</li> </ul>	
Ensure bike is in an easy gear, shoes clipped on or toe clips/cages are open, water bottle in place, reset bike computer to zero, reset GPS to zero have ready to strap on in T1	
Go to washroom prior to start time	
Walk in and out of transition area from both openings to be able to find you bike from all directions noting landmarks like trees, garbage cans, count # of rows, etc.	
Apply sunscreen	
Attach gel(s) to crossbar of bike if needed	
Break up Cliff bar for back pocket of shirt	
Get on wetsuit/cap/goggles/HR monitor/watch/race belt underneath (opt), put on race chip band	

Stretch and warm-up	
Take inhaler (if needed)	
Take a gel 15 minutes pre race	
Go for little swim to allow water to get into your wetsuit and get face wet. Make sure you understand the swim route noting # of buoys to swim around. Take note of an object for sighting on first leg. Take deep breaths and relax.	
If new to tris, move to outside edge of group and position yourself to the rear. After horn blows count to 10 and allow group to go out ahead and avoid the chaos! Your heart rate will naturally be up and it will be more challenging to breathe, GO SLOW for first $\frac{1}{4}$ of race til you find your groove.	
When coming out of water place goggles on forehead. With both hands now free, unzip wetsuit and peel inside out down to waist while jogging into T1.	
At T1 peel off rest of suit inside out and put on towel under rack bar so it's out of way. Cap and goggles on top. Toweling off is optional. Stand on towel, socks and shoes on, helmet on and buckled, put on biking gloves, sunglasses (GPS/ watch) on. Cliff bar into back pocket. Race belt on and facing rear. Jog bike out past mounting line. Eat gel 1km in. Drinking fluids every 10 min. Eat gel 2km before finishing ride if running 5km or more.	
Coming into T2, stop and get off before dismount line, do not take helmet off until bike is racked. Switch shoes if necessary, grab hat/fuelbelt. Turn race belt around to front.	
Finish with arms in the air despite how you really might feel - photo op!	
Post Race	Completed
Have timing chip removed	
Check final time and placings...celebrate!	
Rehydration (water or sport drinks)	
Replenish simple carbohydrates (30 min. to 2 hrs. post-race)	
Awards and draws for prizes	
Gather/pack up gear	
Review race performance and note where changes in planning could be made	