

get fit **TRYathlon** **& 5K/10K** math

Transitions for Triathlon

Transitions in a triathlon are the times between each of the legs where you switch out gear. The transition between the swim and the bike is T1 and between the bike and run is T2. The goal for the transitions is to move easily and quickly through the transition area.

The first part of good transitions is to be organized. You need to have the right gear and have it arranged in the order you will need it in the transition area. Sally Edwards gives two rules in *The Complete Book of Triathlons*:

Rule 1: The less you need, the faster you are.

Rule 2: It's more important to have what you need than to be fast.

Here is a list of what you should have as you arrive at the race. Use this as a checklist to pack your bag.

- Small bag/duffle/backpack to carry gear to transition area
- Race attire (swim suit)—on day of race, arrive wearing this so you don't have to look for a changing place
- Goggles
- Towel (one for the ground to put your stuff on, plus small hand towel for wiping feet if you want)
- Additional clothing if you plan to pull on shorts/top after swim—SOCKS if you wear them!
- Race number belt (if not using, bring a shirt/shorts to pin race number on)
- Bike Helmet
- Water bottle for bike
- Running shoes
- Sunglasses or hat if you want
- Sunscreen
- Extra water bottle
- Anything you want for after the race (camera, change of clothes, etc)
- RACE NUMBERS FROM REGISTRATION PACKET!!!!

(Note on race numbers: In most TRI's, you will usually have 2 tags—a bike "**bib**" number that must be affixed to the top tube of your bike with twist ties; and a "**bib**" number that has to be worn in the front during the run leg. (Attach the bib number to your race number belt or pin to the front of your shorts or shirt.)

Setting up your Transition Space

Once you find the bike rack, put your gear towel down on the side of your bike tire that will enable you to leave the rack without having to “duck under” the rack bar with your bike. On your towel, lay out your things in the order you will need them:

- 1) **Bike Gear:** By the front edge should go your biking/running shoes (open and ready to accept your feet) & socks; If you need any pull-on clothes for the ride, lay those on top of your shoes. Put your helmet upside down on your towel with the strap unfastened ready for you to put it on your head. If you are putting on sunglasses or regular glasses, place them inside the helmet, bows open and ready to be put on. (Your race packet will have a **bike bib number**
- 2) that you will have to attach onto the front handlebar of your bike with zip ties; as part of your set-up, make sure this tag is affixed.)

2) **Run Gear:** Behind the bike gear goes everything you need for running: Shoes (untied and ready for your feet and only if you are using a different pair for running than what you biked in), socks (if you want/need them), hat, sunglasses, and race number belt with bib number attached (or pin this number to the front of the shorts or shirt you plan to run in.) (A tip on socks—pull them on your feet once while setting up so that they have the shape of your feet and will slip on more easily)

Make sure your water bottle is on your bike if your bike has a water bottle cage. If it doesn't set your water bottle on your towel where it is handy to take a drink each time you visit transition. Set your bag back behind your towel and next to your bike. Remember space will be very tight...you may only have a foot or two of space to work with.

How to find your transition spot:

After setting up your bike and for the transition, walk towards where you will enter from the swim and count the racks back to your bike rack. Remember this number to help you find your bike after the swim. Do the same thing from where you will be returning with the bike so you can find your spot to re-rack your bike before the run. Some people like to bring a unique helium balloon to tie to the bike rack to help them find their spot. Others bring sidewalk chalk to mark the pavement. Others will write both rack counts on the palm of their hand to help them remember how many racks they have to run past.

Swim to Bike-T1

As you prepare to finish the swim, remind yourself of what you are planning to do as you exit the water. Remind yourself that you will feel “heavy” as you try to exit the water. As you exit, congratulate yourself on finishing the swim. Remove your goggles and swim cap and follow the directions of the volunteers to leave the pool area and go out to the transition. Find your bike. Unless your balance is superb, sit down to pull on shoes and gear. Put things on in the order you've laid them out when you were thinking more clearly and rationally. Stand up, unrack your bike, and walk/run your bike out of transition to the mount line. Remember your helmet must be on and fastened!

Bike to Run-T2

When you can see the dismount area, start slowing down. Watching for other cyclists, slow down and stop and dismount near the line and run/walk your bike to your rack. On your way, unbuckle your helmet. Rack your bike again, remove your helmet, and sit down and change shoes if necessary. Grab your stuff from your run pile. Remember your legs are going to feel all seized up, but go ahead and head out the run exit. The “heaviness” will loosen as you move. ☺

Enjoy your race! And remember to have fun!