

Transition & Special Needs Bags

In your race packet you'll find a bunch of bags and labels (they have your race # on them). Here's what they're all for:

Dry Clothes Bag: this is the bag your clothes go in that you are wearing on race morning.

Swim Exit Bag: this is the bag the volunteers hand you as you exit the swim, ready to get on the bike. In the bag, you should have your helmet, shoes, bike clothing (if you're changing), race belt & number, sunglasses, gloves (if you're using them), socks, nutrition (bottles should be on the bike already and your bento box loaded up), arm/leg warmers (if needed) and anything else you may need out on the bike. Make sure you put your wetsuit, cap and goggles into the same bag before heading off to the bike so you can pick it up after the race.

Bike Special Needs Bag: at the ½ way point of the bike you have the option of having this bag handed off to you. They'll call out your # and have your bag ready as you get close to this station. You can put your own nutrition in this bag just in case you lose something off the bike (those bottle launching cages ☺); use it as a back up for your nutrition, hopefully you won't need it. You can also put in an extra tube and/or co2 cartridge just in case you've already used yours. Keep this bag simple, you don't want to spend a lot of time going through it out on the course. Don't put anything in this bag that you want back after the race, most likely you won't get it back.

Run Transition Bag: when you get off the bike and head onto the run, this is the bag you'll pick up. In the bag you'll have your shoes, cap, fresh socks & clothes if you are changing, as well as anything else you want to carry on the run. There are no salt tabs out on the aid stations, so if you use them make sure that you carry them with you and have them in this bag. Make sure you put everything you took off from the bike (shoes, helmet etc.) into that same bag.

Run Special Needs Bag: at the ½ way point of the run you'll have the option of picking up this bag. You can put in a long sleeve shirt in case the night is going to be chilly, special nutrition treats, anything that might give you a little pick me up. Like the bike special needs bag, don't put anything in it you want back, most likely you won't get it back.

Visually see everything where it's supposed to be. Lay each bag on the floor, one next to the other. Prepare your drinks, fill your flasks, lay out your gel packets, your salt tabs...everything. Put each one where it belongs on top of each corresponding bag. Use a written checklist and make sure everything you planned for each bag is there. If you wear glasses, think about where you are going to switch from sunglasses to indoor glasses (if you are). Walking through everything and planning for the entire race will simplify and de-stress the day for you. After it's all in it's proper place you should be able to stop thinking about what you are forgetting and focus on the race at hand.

Race Day

Get a good breakfast, protein and carbohydrate. **REMEMBER TO PUT ON THAT RACE CHIP BEFORE YOU LEAVE THE HOUSE/HOTEL.**