



Race Day Kit and Transition Info

The following is a guide to the kit your child will need on race day and how to set-up transition for them.

Race Day Kit

The following is a guide to the required kit needed for a race, it's **not** all essential but will help.

Essentials:

1. Swimming Costume/Swim Race Suits
2. A T-Shirt to pin a race number to.
3. Goggles for swim
4. Bike - in working order, working breaks, gears & inflated tyres
5. Helmet
6. Trainers and a spare pair of trainers or sliders to wear outside of transition before the race.
7. Change of clothes and a snack for after the race.
8. Big smile and loads of support!

Non Essentials:

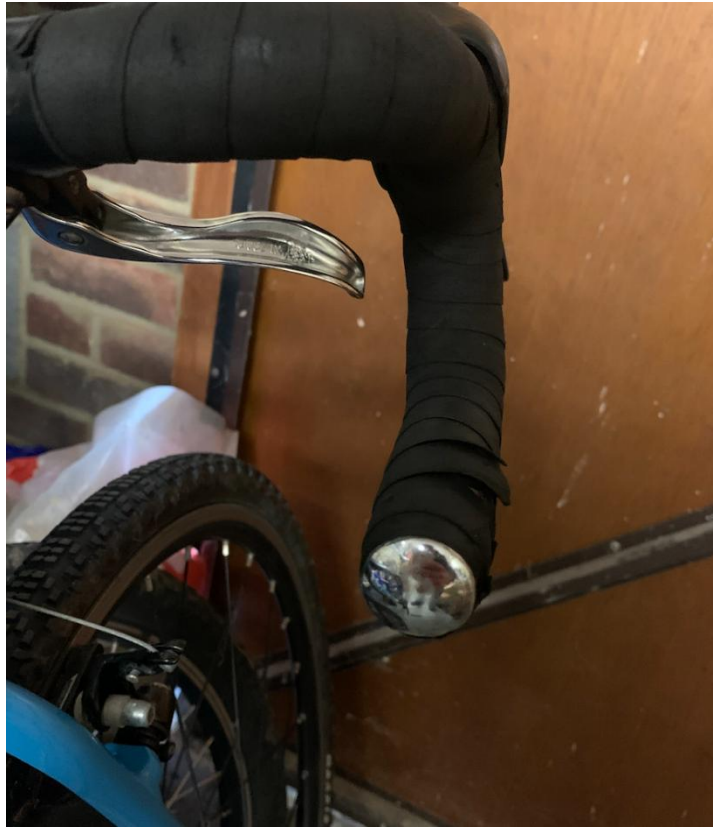
1. Tri suit (You won't need a t-shirt and swimming costume if you have this!)
2. Swim Hat
3. Small Towel - for Transition. A bright colour is useful to help them locate their bike easily and dry feet on.
4. Bungee Laces for trainers.
5. Race Belt - Used to attach your race number to.
6. Vaseline
7. Talcum Powder

Goggles:

Give them a wash with baby shampoo the night before race day, being able to see out of them helps. Adding some anti fog spray (Available on Amazon) will also help stop them misting up if possible.

Bikes:

Before race day, give the bike a once over and check the brakes work, wheels move freely and your child is comfortable changing up and down the gears easily. Getting stuck in a tough gear up a hill isn't fun. Saddle should be set to the correct height for your child. Bar end holes on handlebars are covered.



Helmet:

Make sure the helmet fits well and your child is able to get it on and off easily.

Trainers:

We recommend changing the laces in your child's trainers to bungee laces, they are a lot easier to get on when exiting the pool and there is no need to tie the laces!

In addition to bungee laces, talcum powder on the inside of the shoes will help to dry feet and a good dollop of Vaseline around the heel helps them slide on. Putting trainers on wet feet in a hurry after a swim is much harder than putting them on dry feet on the stairs at home!

If your child is comfortable running without socks this will really help them, putting socks on will waste time. Speed is everything in Transition!



Tri Suit / Swim Costumes:

Although not essential, a Tri Suit makes for a better race. Being able to jump onto the bike without having to put a T-Shirt on when you are wet is a lot easier! We have our own club Tri Suits that can be purchased, please speak to Laura if you would like one.

Girls can use swimming costumes or swim race suits and race belts (if they have them) to secure their race number. A T-Shirt is only needed if you have a bare chest or do not have a race belt to secure your number.

Race Belt:

This will be used to attach your race number to. Having to pin a race number to a Tri Suit when you exit the swim isn't quick! Slipping on a race belt is a lot quicker.



Guide To Setting up Transition

On race day, your child will usually be assigned a race number when they check in. This number will be on the bike rack in the transition area. If there are no numbers on the bike rack then you are usually free to choose where you rack your bike.

Racking Bikes:

Bikes should be racked in opposite direction so your front wheel is next to your neighbours back wheel.



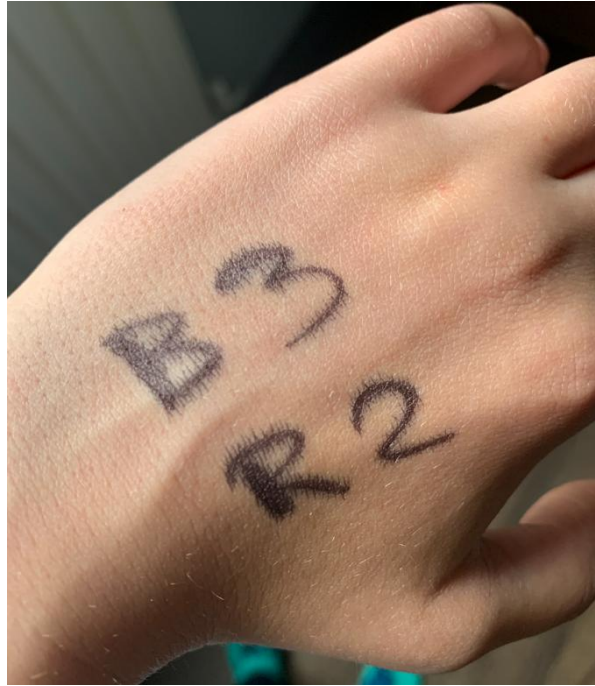
When racking the bike, speak to your child and get them to make a mental note of where the bike has been racked. Find a marker like a bin, a tree, or a building that will not move. Do not pick your neighbours bike or the bright bike 2 doors down, if they are out of the swim first, it will not be there!

Setting Up Kit in Transition:



Place a small towel on the floor with space to stand your feet on. Place the trainers at the front of the towel. Place the helmet "top down" on top of or next to your trainers, with the straps open so that it is easy to pick up and put on. If you have a race belt, place that on the towel too.

Dry Run and Walking Transition:



To familiarise your child with transition, it can help to walk from the swim area and into the transition area.

Step through the process of putting a helmet on and getting trainers on. Practice taking the bike off the rack and putting it back on the rack. Walk out of the bike exit and onto the bike course. If you have time, walk the bike course looking for any obstacles or things that might be confusing. Walk back in through the bike "in" entrance to transition and then out of the run exit onto the run course.

Make sure your child is aware of how many laps of the bike course they may need to do and how many laps of the run course are needed. A sharpie can be useful to write the number of laps on the back of your hand!

Practice:

Transition is widely regarded as the 4th discipline of Triathlon, while races aren't always won in transition they can easily be lost if it doesn't go well. If you can practise the following steps with your child before races and get them used to the process, it will help them on the day.

1. Setup transition towel with Trainers (Talc'd and Vaselined) & Helmet
2. Wet their feet and legs with water, they will be soaked getting out of the pool.
3. Stand on the towel to dry your feet.
4. Put Helmet on
5. Put Trainers on
6. Go!

Time it and try to get quicker!

Transition can be quite stressful on your 1st Tri, the more familiar you are with it the easier it becomes.