

## The 4<sup>th</sup> Sport of Triathlon Transition

- I. Practice, practice, practice - Leads to a smooth, calm and efficient transition
- II. Pre Race
  - Take plenty of time to set up your belongings and choose an ideal spot if they are not assigned
  - Walk through the transition area, locate the "swim/run in", "bike out", "bike in", and "run out" so that you know where you are going
  - Set up towel (preferably loud multi colors), socks, bike shoes, helmet, sunglasses, run shoes, race number belt, hat, etc. in the proper order on your towel
  - Make sure your bike is in a relatively easy gear with fluid and gel attached
  - Locate your area (balloons and chalk are very common and usually don't help)
- III. Swim to Bike
  - Remove upper half of wetsuit first as you are running to transition
  - Remove goggles and swim cap and leave near your towel
  - Peel wetsuit like a banana
  - Put on all bike equipment (socks, shoes, sunglasses, helmet) and walk bike to bike mount line
  - Make sure to clip your bike helmet before leaving transition
  - GO! Try to maintain a high cadence at the beginning until your legs are adjusted
- IV. Bike to Run
  - If possible, remove feet from shoes before transition
  - Dismount at dismount line and walk bike to your spot (remember, it will be harder to find your things because your bike will not be there)
  - Rack bike (try not to take down the whole bike rack), remove helmet, put on run shoes, race number belt, hat, etc.
  - GO!

**Most Important:  
HAVE FUN!!!**