



## Transition Checklist

Swim Start time: \_\_\_\_\_ Transition close time: \_\_\_\_\_

### Bike

- Pump up tires to desired psi
- Computer on bike, it is working and zeroed
- Put bike in moderate-easy gear
- Water bottles on bike, with valves open
- Repair kit, pump on bike
- Bike shoes on bike (or ground)
  - a. straps loosened
  - b. no rocks in shoes
  - c. left peddle facing forward (personal preference)
- Helmet on bike
  - a. facing correct direction
  - b. strap unfastened
- Glasses in helmet, arms opened
- Gloves on bike
- Arm warmers on bike
- Gels and bars taped on bike or in bento box or on ground

### Run

- Bright Towel on ground
- Running shoes on towel, no rocks, tongues out
- Running Hat on shoes
- Socks opened and on or in shoes
- Number belt on towel

### Swim

- Swimsuit and Singlet on
- My body is numbered
- Lubricate body
- Put on wetsuit
- Take goggles (antifogged) and cap with me
- Timing chip is on left leg (correct position) under wetsuit
- Watch is under wetsuit

### Other

- Car keys placed in a safe place (repair bag)
- Give your bag, walking shoes to friend

