

TRIATHLON TRANSITION

THE SET-UP

- » Triathletes tend to spend the bulk of their time on swim, bike and run training but when preparing for a triathlon event, it is also important to spend some time practicing the 'transitions' between each. The transition between S/B/R requires planning to avoid forgetting something, making a simple mistake or simply getting caught up in other people's chaos!
- » When you're new to triathlon, the transition process can seem a confusing and even daunting part of race day. However, once deconstructed, it's much easier than it first appears and smooth transitions keep you calm and relaxed and help you enjoy the race. So, let's begin...

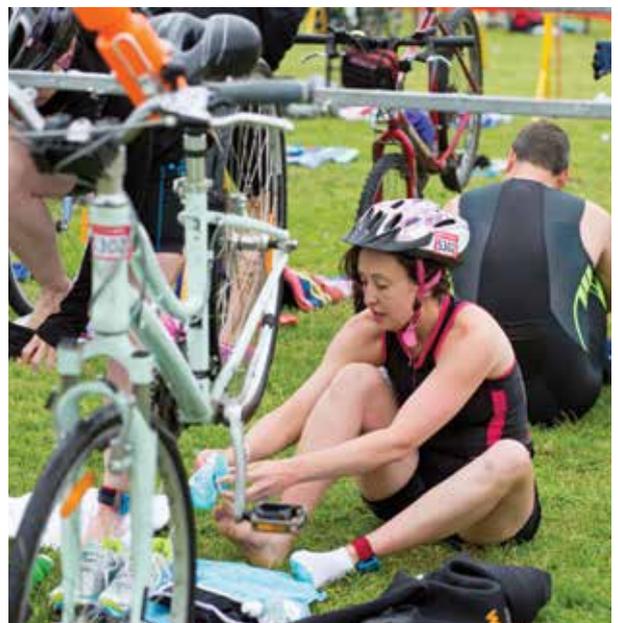
PREPARE IN ADVANCE: preparation should begin at least a day in advance (see our Top 10 Event Day Tips). A good strategy is to gather all your kit together and lay each piece out in a logical order-of-use on a large towel alongside your kit bag. This way you will sleep soundly knowing that you have everything you need and your bag is packed!

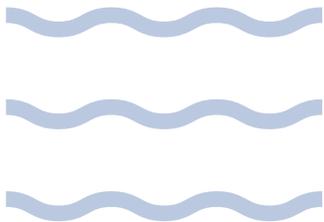
COLLECT YOUR RACE PACK: unless you plan to collect it the day before the event, you should collect your race pack as soon as you arrive at the venue. Event staff will assist with writing your race number on your right arm, front right leg and left calf. The race pack will provide you with a timing band (to be secured to your left ankle) and your race-numbered stickers that need to be applied to the right side of your helmet and head stem of your bike or as per instructions. You should then enter the transition area via the bike compound transition entrance wearing your freshly-stickered helmet that the technical officials will then check is fitted correctly.

RACK YOUR BIKE: race number signs at the end of the rows of bike racks will guide you to the correct row where a bike rack space is reserved for you as indicated by a sticker with your race number. If you have a problem finding your slot, alert an official and seek assistance. Best practice is generally considered to rack your bike by placing the saddle on the rack as this will allow you to un-rack the bike with it facing in the correct direction to wheel straight out of transition.

TIP: *leave your bike in a 'light' gear so it's easier to pedal (AFTER you cross the bike mount line at the start of your ride).*

TRANSITION SET-UP: lay your towel on the ground on the non-chain side of your bike and place your kit on it in the order you will need it. You will be wearing your swim gear, so place your sunglasses inside your unbuckled helmet with the straps out ready to wear either on your towel or on top of your handlebars with the rear of the helmet facing away from you. This will mean you put your glasses on first and can then simply lift the helmet and place it straight on your head... no checking required! Place your bike shoes or runners at the edge of your towel and any dry cycle clothing can be placed alongside or on top of the bike as you prefer.





TRIATHLON TRANSITION TRAINING

THE TRANSITION PROCESS

Triathlon has two transitions: swim-to-bike (T1) and a bike-to-run (T2). Both have the shared element of unranking & racking the bike and this is known as a transition.

T1 – SWIM TO BIKE

- » As you walk/jog/run from the water to your bike rack, lift your goggles clear of your eyes so you can see clearly, but leave them on your head so your hands remain free. If you are wearing a wetsuit, you can start to unzip it as you get close to your bike.
- » Once at your bike, remove your swim cap and goggles (plus wetsuit if you're wearing one) and put on your sunglasses and helmet and then fasten your helmet's chin strap.
- » Once your helmet is secured, give your feet a rinse to get the sand off (see our Top 10 Event Day Tips). Then stand on your towel to quick-dry your feet before putting on your runners or bike shoes (socks are optional).
- » Depending on what you wore for the swim, you may want to put on a pair of shorts or shirt to cycle in.

NOTE: bare torsos are not permitted!

- » Stand on the non-chain side of your bike and unrank it. Hold the handle bars (or saddle if you've practiced this) with your right hand and walk/jog/run toward the bike exit.
- » Once you have exited the bike compound, you will see technical officials and other participants around the BIKE MOUNT LINE. **You must move BEYOND the mount line before you get on your bike.** This area can be quite congested, so it can be a good idea to move a little further into free space beyond the line where you can get on your bike without feeling pressured by those around you.

T2 – BIKE TO RUN

- » As you approach the end of the bike leg, you'll come to the BIKE DISMOUNT LINE.
- » Get off your bike **BEFORE the dismount line.**
- » Walk/jog/run with your bike back to your rack and re-rack your bike.
- » Remove your helmet straight away to avoid running out of T2 with it still on your head!
- » If you're wearing bike shoes swap them for your runners... otherwise, you're good to go!
- » You may want to wear a hat or visor on the run, so grab it and head towards the run exit.
- » With T2 completed, it's a 'straight' line to the finish, so follow the signs/crowd and smile as you enjoy your finish line moment!

