

## **TRY GEAR & RACE DAY TIPS –Check off items ADAPT THIS for the MINI TRY**

Note: Wear your running shoes to the site on Race Day so that you are sure not to forget them.  
Have a plan on where to meet your family & friends after the race

### General:

- Gear bag or bucket – to carry gear and items to the race
- Sun Screen/chap stick
- Water (three – 24 oz bottles) plan to carry one bottle on bike
- Towels – one small old towel to lay out gear on the ground (plus second for dry-off after swim)
- Jacket or sweatshirt in case it's cool in early morning (old as you could lose it) with name on it.
- Energy bar or goop (only bring to race day what you have tried previously)
- TIMING CHIP – Pick up at registration table the morning of race day**

### Swim: Drink at least one pint water prior to swim

- Swimsuit (or biking shorts and sports bra to wear during the swim)
- Swim goggles – which you've used and tested before the race  
Wear them UNDER your swim cap and they can't be knocked off during the race.
- Towel –Second small towel to dry off after swim
- Flip-flops (old as you could lose them)
- Optional - Swim cap: silicone is considered most durable

### Bike: Drink at least one pint before or during the bike segment

- Bike - Check air pressure, brakes and condition of your bike before arrival  
When braking: Remember Right brake first, left brake lightly
- Helmet (REQUIRED)** – Check strapping so that it fits snugly but not too tightly
- Water bottle – full bottle to carry on bike
- Biking shorts
- T-shirt – attach race number to FRONT of T-shirt with safety pins (have ready before you start swim)
- Race number – option: wear on belt clip around your waist. (which may be best for team transfers)
- Running shoes (or biking shoes if you choose to use those)
- Running socks
- Sun Glasses
- Optional - Cushioned bike seat and/or biking gloves

### Run/Walk: Drink at least a pint of water before or during run/walk segment (there will be water at approximately 1 mile)

- Sun visor or hat – to keep sun off face
- Sun Glasses
- Same T-shirt with race number attached to front as for the bike (or race number on belt option)

### Additional (Optional) Considerations:

- Painter's bucket – Can carry all your miscellaneous items to transition area then up-end bucket for a stool.
- Baby powder to dry your legs & feet after swim if you need them perfectly dry
- Fix-a-flat kit and bicycle pump (Always recommended. I've NEVER done it. I figure a flat takes me out.)
- Extra shirt – for after the race
- Post-race snacks of choosing – though there will be lots of post-race food & drinks supplied
- Rain poncho
- Cell Phone – but not to be used while you are on the course for either bike or run.
- Orthotics or footbeds to use in running shoes
- Heart rate monitor – to help you pace yourself – either step it up or slow it down
- Wetsuit – getting out of it slows you down, but they do help you float. Unless you are REALLY affected by the cold, it's probably best to skip it
- Road bikes are fastest but least stable --- especially if there is any sand or grit on road.

PRINT A COPY FROM [www.knoxcountyfoundation.org](http://www.knoxcountyfoundation.org) at TRYathlon section

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