

# TRIATHLON & QUADRATHLON CHECK LIST

## THE DAY BEFORE

Make sure your bike is in good working order. Check gears and breaks are operating correctly, tyres sound and at correct pressure.

Check Kayak, seat position is correct and rudder wires working properly.

Make sure you eat and drink plenty the day before, because sometimes on race morning if you are feeling nervous and your race is early you may not be able to eat a great deal, so if your well hydrated and have eaten well the day before, this will certainly help.

Never use any brand new kit on race day, make sure it's been well tested beforehand.

Always pack your bag the day before, and go through the check list thoroughly.

Work out time schedule for the following morning - double check race details eg: Registration, transition opening/closing times and race (wave) start time.

## RACE DAY

**Registration** – double check course details, wave start time, body numbers maybe marked.

**Transition** - Give yourself plenty of time to set up your transition space rack bike and place kayak in holding area, and put numbers allocated on your equipment.

Make sure your full drinks bottle is on your bike, your helmet, and shoes in correct place along with paddles, buoyancy aid, number belt or number pinned to top, jelly babies ☺ (options run cap if hot, bike top if cold). Put Talc in your shoes.

When you are happy with your set up – visualize race and walk your way around transition and work out your transition routines–

### TRIATHLON

**START** come off the Swim - transition in from the swim **drop wetsuit/cap/goggles – put on bike shoes, number, helmet on and FASTENED, pick up bike.**

Exit transition PUSH to mount point – Bike – check dismount point and back in to transition. **Bike racked, helmet off, change shoes, run shoes on** and Exit Run out.

**Just keep Running and Smiling to the FINISH LINE!**

### QUADRATHLON

**START** come off the Swim - transition in from the swim **drop wetsuit/cap/goggles – put buoyancy aid on (wetsuit shoes opt) pick up paddles. Exit transition to kayaks.**

Get in Kayak and paddle Downstream, clockwise around buoy 1. - paddle course, anti clockwise around buoy 1 again and back into the beach.  
Exit kayak **taking paddles and BA back into transition, BA off – put on bike shoes, number, helmet on and FASTENED, pick up bike.**

Exit transition PUSH to mount point – Bike – check dismount point and back in to transition. **Bike racked, helmet off, change shoes, run shoes on** and Exit Run out.

It's obvious but make sure you go to the loo before you put your wetsuit on.

Get wetsuit on 10 mins before start time, then have a quite 5 mins just visualizing your race and transitions before you start - Stay cool!

**The most important thing in any Triathlon / Quadrathlon is to have fun! Just to finish is a great achievement and who knows you may even want to do another!!**

## KIT LIST

- Warm clothing for before and after the race.
- Swim Costume or Tri Suit
- Wetsuit
- Swim goggles
- Swim hat (+ extra if cold weather)

### Quadrathlon Only

- Kayak
- Paddles
- Buoyancy Aid
- Canoe shoes if needed
  
- Bike
- Bike Helmet
- Bike top (opt if cold)
- Bike shorts (if needed)
- Bike shoes
- Sun glasses (if needed)
  
- Running shoes
- Socks (if needed)
- Run cap (if needed)
  
- Transition towel
- Waterproof sun cream
- Safety pins or number belt
- Talc to put in bike and run shoes
- Water based lubricant (for under wetsuit)
- 2 Drinks bottles – one on bike, one to drink before race, leave some in this one and leave in transition just in case you need a drink before/after kayak or run.  
Water/ juice or energy drink (only if you've tested it before).
- Energy gels or a Jelly babies go down well on the bike and run!

**All ticked and sorted ....  
Time to relax look forward to tomorrow  
and remember to set your Alarm!**

**It's been a Fantastic Journey ...  
just make sure YOU ENJOY IT! ....  
It's time to be a Deva Diva Triathlete/Quadrathlete!  
Love Jean ☺ X**

**Imagine**  
With all  
**Believe** YOUR mind.  
With all  
**Achieve** YOUR heart.  
With all  
YOUR might.