

SMOOTH TRANSITION TIPS

1. Pre-race preparation
 - Put on sunscreen when you get up
 - Put on your timing chip (usually is placed around left ankle)
 - Place your gear in a pack or compartmentalized bag
2. When moving from the designated parking area to the transition area
 - Keep hands free when riding your bike from wherever you park to the transition area.
 - This is where a functional pack comes in handy
3. What do you actually need in the transition area?
SEE ATTACHED TRIATHLON EQUIPMENT CHECKLIST
 - Limit what you bring into the transition area
 - NO chairs, pans of water, large duffle bags, etc.
 - Give yourself plenty of room
 - If transition area is NOT set-up numerically, the middle section (or area away from the exits) is often the least crowded
4. Other handy items to carry in your gear bag
 - Duct and/or scotch tape
 - Scissors and/or pocket knife
 - Waterproof magic marker (for emergency body marking)
 - Small zip lock bags for salt tablets or other items you want to stay dry during competition
5. Affixing #'s to bike and /or shirt
 - Place bike # away from top tube where it will rub against your leg
 - Crumple up your running #
 - Affix running # so it won't flap around in the breeze
 - Use a race number belt if you have one
6. Know where your transition area exits, entrances and finish line are
 - BIKE OUT and BIKE IN
 - RUN OUT and RUN IN
 - Finish Line
7. Zero out your Cyclometer
 - If you want an accurate reading of your bike split (avg. speed, cadence & overall time) be sure to do this
 - Be sure your cyclometer magnet & sensor on the fork mount are aligned properly for accurate readings

8. AVOID GETTING JAMMED

- When placing your bike in the transition area, pre-set the gearing in the small chain ring and/or in a gear that will be easy to begin peddling

9. TRANSITION 1 (T1) SWIM to BIKE

- The transition begins when you exit the water
- Move swiftly out of the water and up the boat ramp
- If there's a cue, DON'T wait for the wetsuit peelers
- Peel the wetsuit down to your waste, get arms out of the sleeves
- Make your way into the transition area and locate your bike (know what row you are on ahead of time – pick out a landmark ie: bright colored hand towel placed over top tube OR on bike seat.)
- Finish removing your wetsuit
- Put on cycling shoes, helmet, sunglasses
- **BE SURE TO SECURE YOUR HELMET CHINSTRAP BEFORE APPROACHING THE BIKE EXIT OR RISK BEING PENALIZED**
- Move swiftly to the **BIKE OUT** exit

10. TRANSITION 2 (T2) BIKE to RUN

- Decrease speed as you approach the end of the bike segment
- There will be a designated LINE where you must dismount your bike
- **DO NOT** cross this line while riding OR based upon USA Triathlon rules you could be penalized (time penalty) OR disqualified.
- Move swiftly to your designated spot within the transition area (you may want to consider removing your shoes after you dismount the bike as it can be difficult to run and/or walk swiftly with cycling shoes on.
- Remove your helmet, put on socks (if you choose to use them), slip on your running shoes, clip on race belt (if you have one)
- Move swiftly to **RUN OUT** exit

11. Observe ALL signs designating multi-looped RUN course (Sprint vs. Olympic)
- Enjoy the RUN and head swiftly toward the finish line!

**BE CAREFUL WHILE RIDING YOUR BIKE!
IF/WHEN IN DOUBT.....SLOW DOWN!!!!!!!**

“Smooth Transition Tips” was brought to you by Scott Kelly, Head Coach, TEAM FASTLANE. TEAM Fastlane is a USA Triathlon sanctioned club based in SLC. We offer both group OR personal training in ANY one or ALL three triathlon disciplines. For more information visit www.teamfastlane.com OR call (801) 558-2230.