What to Bring Each Week for the Clinic?

SWIM

- ❑ Swim Cap (Mandatory)
- ❑ Triathlon Race Kit or Swimsuit (Wear what you'll be wearing the day of the race to get accustom to it early. Chafing is no fun on race day!)
- ❑ Goggles
- ❑ Ear Plugs (if needed)
- ❑ Towel

BIKE

- ❑ Bicycle
- ❑ Helmet
- ❑ Bike Shoes (if clipless)
- ❑ Bike Socks
- ❑ Sunglasses
- ❑ Water Bottles
- ❑ Extra Tube for tire
- ❑ Drivers License OR Road ID
- ❑ Cell phone/Safety Sheet
- ❑ Bike tools/parts/pump or CO_2
- ❑ Bicycle Rear Flashing Light (Safety!)

RUN

- ❑ Running Shoes
- ❑ Race Belt (not essential but convenient)
- ❑ Running Hat
- ❑ Running Watch (not essential)
- ❑ Water Bottle (in case)

OTHER

- ❑ Sunscreen
- ❑ Chapstick
- ❑ **$5** Swim Beach Fee
- ❑ Safety Sheet/Coaches #'s
- ❑ Another clean towel for ride home (sit on)
- ❑ Post-training nutrition (restore those glycogen stores!!!)

USA TRIATHLON