



## ABSOLUTE TRI STARS RACE CHECK LIST

*For those who will race for the first time in the near future here is a race checklist to go through to make sure you don't forget something vital on the day.*

- Tri Suit / Swim Suit
  - Wet Suit (if open water race)
  - Swim Hat (you may or may not need one)
  - Goggles (and spare goggles)
  - Hair Bobbles (if you need to tie your hair back)
  - Towels (large one and a small one for the transition area to dry your feet and mark your spot)
  - Talcum Powder
  - Race number belt and /or safety pins to attach race number
  - Bike
  - Helmet
  - Sunglasses (if wearing)
  - Trainers (and change of shoes as you will have to leave your trainers in transition, flip flops are good)
  - Socks (if wearing)
  - T-shirt / Lightweight Jacket (if wearing)
  - High Energy Snack (flapjacks, snickers bar etc etc)
  - Water Bottle / Drinks
  - Any medication you may need on the day e.g. inhalers
  - Warm clothes for after the race
  - Pen (to complete the personal information on your race number)
  - British Triathlon Federation membership card (if you have one, not everyone does)
- ..... and most importantly
- A SMILE - SO YOU CAN SHOW YOU ARE ENJOYING RACING AS AN ABSOLUTE TRI STAR!!!!!!!**

Remember to print out directions to the race venue and/or post code if using SatNav. Check race start times as well as registration opening and closing times.

Also good to read the race notes a few days before the race and look at any maps provided of the cycle / run routes.