

Transition Tips

Key Points to Start

1. Before race day, make sure you have checked over all your gear and clothing. No need to find any surprises as you hurry through a transition.
2. Be organized in your small area. Have all your gear laid out in the order you will use it.
3. Know where all the entry and exit points are in the transition area. Take the time race morning to actually walk the route from swim area to bike, bike to mount area, mount area back to bike rack, bike rack to run exit. Visualize how it will be during the race.
4. Visualize the transition tasks and order just as you are about to enter a transition zone. What do I do first all the way to the last task.
5. Try and use Tri specific clothing to eliminate any changing, thus much fast transitions. Use same clothing for all three legs.
6. Enter and exit transitions as fast as possible by saving nutrition and hydration needs for out on the course.
7. Get bike rack close to bike exit if possible.
8. Practice transitions during training. At some lake swims, practice a quick water exit and wetsuit strip. During brick workouts, work on a fast change to run shoes. Practice full transitions prior to first race.
9. Know local transition rules and Tri BC regulations.

Swim to Bike

1. Before wetsuit swim, body-glide ankles/lower calf and wrist areas so suit slips off easier, saving valuable time.
2. As you get close to swim finish, give the legs a little more kick so you get the blood flowing in them. This will enable you to run faster from swim finish area to your bike.
3. If wetsuit swim, put goggles on head after swim to free hands for zipping down wetsuit to waist before reaching T1. Do not take off swim cap and goggles and carry them in one of your hands.
4. Know where your bike is ahead of time, what row? Close to what? Use a bright colored towel to help find your bike area easier.
5. After wetsuit strip, put socks and shoes on first. If it is a shorter Tri, consider forgoing socks. Also consider leaving shoes on bike but practice this first.
6. If using socks, roll them down ahead of time so they go on quickly.
7. Put helmet and glasses on last, make sure helmet is done up tight before removing bike.
8. Make sure bike is in easy spin gear to start bike leg.

Bike to Run

1. Consider removing feet from shoes as you approach bike dismount area. Practice this first.
2. Keep helmet strap on until you rack bike.
3. Use quick tie laces on run shoes.
4. Use race belt for run number.