

Triathletes Guide to a Galaxy of Gear

Shopping List

- Triathlon swimsuit: These suits have a small cycling pad that dries quickly, provides some small smidgen of comfort on the bike and doesn't interfere with running. Gals can choose between a one- or two-piece suit. 1 suit.
- Goggles: Make sure they fit and don't leak. How to tell in the store? Put them on your face and the suction should hold them for a short period of time. No seal in the store=no seal in the pool. 2 pairs.
- Wetsuit: Any wetsuit will provide extra buoyancy and insulate you from cold water. Get a Triathlon-specific wetsuits that will offer freedom of movement while swimming. Many shops will demo you a suit for a triathlon or two and may apply those \$\$ to a purchase. Demo at least two b/4 plunking down your \$\$\$. 1 wetsuit.
- Towel. Use a large beach towel and small hand towel. 300 count Supima is best. Just kidding.
- Bike shoes: Stiff-soled cycling shoes transfer more power to the pedals than regular running shoes. They also help eliminate cramped or numbing of the feet during a ride. If you are going longer than a sprint tri, these are essential. Look for bike shoes that are easy to put on and take off for quick transitions; Velcro straps are faster than laces. Caution: These are expensive and finding the right fit is as important as the right fit for running shoes. 1 pair.
- Helmet: Buy a mid- to upper-range road helmet that has more vents and is lighter in weight. Lighter in color is better too as it will keep your head cooler in the hot sun. 1 head 1 helmet.
- Singlet: Options include mesh or cropped shirts with a small pocket for energy bars or gels. Gals can choose shirts with built-in support for the run. These are cheap (or should be). Buy many. Style matters to your cat.
- Sport sunglasses: Get a pair that you like, look good on you and you'll want to wear i.e are comfortable. Shop around just like you do for shoes. You'll be spending lot's of time in your sunglasses. Be prepared to spend upwards of \$100+. 1-2 pairs.
- Running shoes: Make sure you get a sturdy pair of trainers first and foremost. Get two pairs and break a pair in for race day. When the training pair starts to fade, you've got a pair of shoes ready to go. Some

like lighter racing flats for tired legs on race days. I'm not a fan of spending \$\$ on that until you start placing top ten. If you have a "race pair" of trainers they will give you the boost you are looking for after T2 (that is transition 2, not Arnold's movie). 2 pairs.

- Cycling Shorts: Most lists skip these. We're not sure why, b/c you'll be spending a lot of time training in them. Get the best you can afford. Don't get a cheap pair except to use indoors. 3 pairs
- Biking gloves: Get a pair that fits well. You'll go through a pair or two a season. Don't spend a ton, but don't skimp either. These go on sale often. 1 pair.

Optional: (but highly recommended)

- Spare tube, tire levers and CO2: A few races provide support on the bike course, most don't. Being able to fix a flat quickly can add some peace of mind. Practice fixing a flat on days that you practice transitions.
- Socks: If you're concerned about blisters or comfort, or smelly feet, or... take the time to put on socks for the bike and run. In other words, get several good pairs of socks, and put them on at T1. You might even put a new pair on at T2! Time penalty=3 seconds. Comfort= priceless. 6-10 pairs.
- Race number belt: These elastic belts allow you attach your race number around your waist for faster transitions. Yippee.
- Chamois Lubricant: Petroleum jelly stops chafing and hot spots before they start. Chamois Butter™ works a lot better and doesn't require foreign oil. Especially good for longer races.
- Hat: For protection from the sun during the run. Get one or two that are light, breathable and get a high acceptance level from your cat.