

# A first time for everything

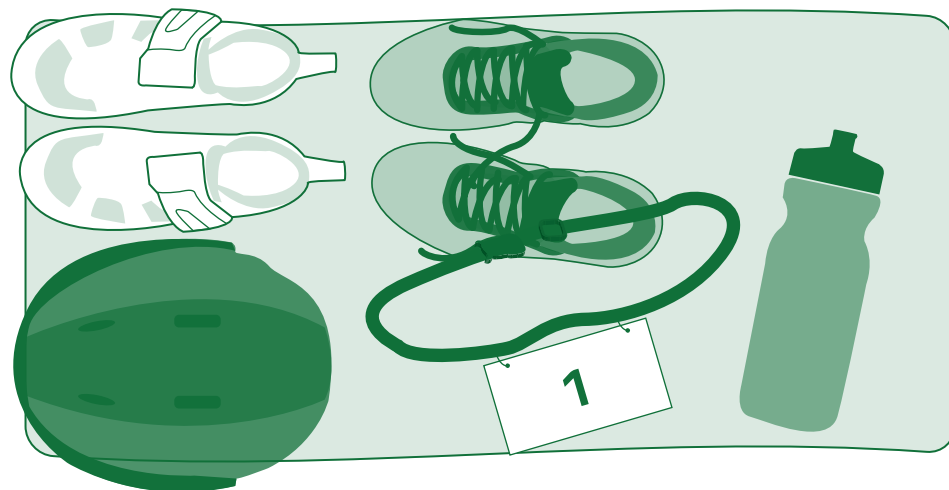
## A BEGINNER'S GUIDE TO A SPRINT TRIATHLON

Some people can't fathom the thought of doing three athletic events back-to-back, but triathlons are actually unique and challenging competitions. For those who specialize in one sport or event, trying out a triathlon will add variety to your workouts and be a fun competition at the end.

To get a taste of triathlons, a sprint triathlon is a good option. It's about half the length of a regular triathlon but lengths vary from race to race.

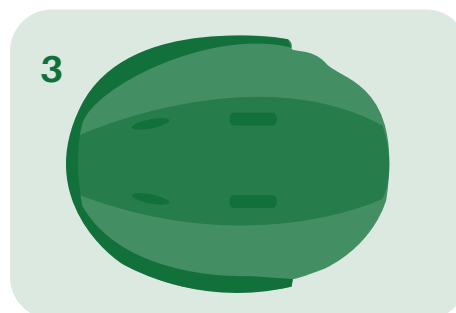
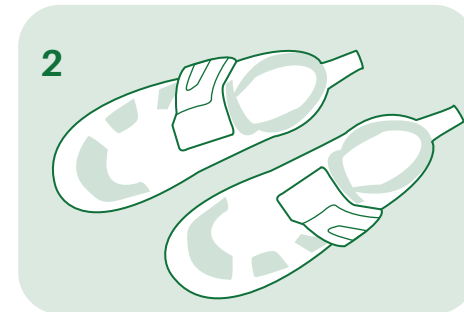
Here's a short guide to how a sprint triathlon works and what gear you will need to get started.

## The race



## Setting up for transitions

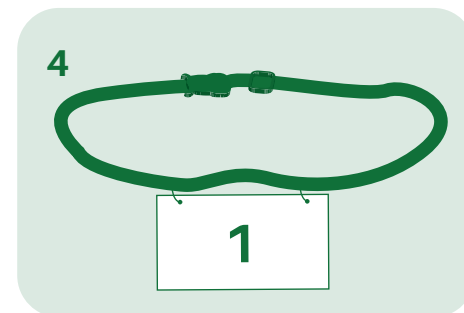
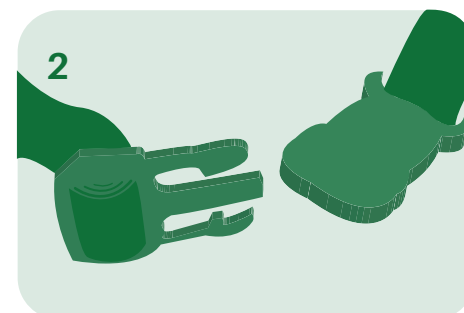
- 1 You have a very small space for transitions. Rack your bike on the right stand and don't forget where you left it.
- 2 Put a hand towel down behind your bike or directly to the side of your bike.
- 3 Put bike shoes (or untied running shoes for biking) closest to you. Pull apart your socks and put them inside each shoe. Make sure shoes are untied or open for you to pull on.
- 4 Put unclipped helmet next to or under biking shoes.
- 5 Lay another hand towel on top of the biking gear if you want to towel off after the swim.
- 6 Have bike pump and flat kit available.
- 7 Put unlaced running shoes in back.
- 8 Pin your bib on an extra shirt or race belt, and put it near your running shoes.
- 9 Keep water bottle accessible. Make sure one is in your bike's holder.
- 10 Put on the swimming gear - goggles, swim cap and timing chip/strap.



## Swim to bike

- 1 Exit pool and remove goggles and cap as you run to the transition area.
- 2 Put on socks and bike shoes.

- 3 Put on helmet.
- 4 Put flat kit and/or nutrition in your back pockets then unrack bike and head out.



## Bike to run

- 1 Dismount and rack bike.
- 2 Take off helmet.

- 3 Swap bike shoes for running shoes.
- 4 Put on race belt or shirt as you exit the transition area.