

## TRANSITION CHECKLIST

### ***SWIM***

- **Large Towel**
- **Small Towel**
- **Body Glide**
- **Goggles**
- **Wetsuit**
- **Swim Cap (provided by race)**

### ***BIKE***

- **Shoes**
- **Socks**
- **Helmet**
- **Sunglasses**
- **Clothing**
- **Full Water Bottles**
- **Sunscreen**

### ***RUN***

- **Race Belt**
- **Shoes**
- **Hat or Visor**
- **Clothing**

### ***MISC***

- **Food/Gels**
- **Water**
- **Sunscreen**



### RACE DAY NOTES:

- NO Drafting
- NO Glass in transition area
- Arrive Early to Race
- Attach your number to Bike and Race Belt (or running top)
- Ride before race, leave bike in easy gear
- Inflate Tires
- Fasten Helmet prior to taking bike off rack
- Remember rack location of your Bike
- HAVE FUN!

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