

Preparing yourself for race day

The triathletes' checklist.

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Forgetting to pack a vital piece of equipment and only realising when it's too late has got to be one of the worst feelings any triathlete can face. Believe it or not, I have even witnessed

someone arrive at Noosa Triathlon who had forgotten to pack their bike in the car before leaving home. Being that most triathletes are nervous enough before racing, the last thing you want is the stress of having to

find a spare helmet, race suit or runners just hours before race start.

The saying 'failure to prepare is preparing to fail' is something that every athlete should take heed of. Being organised and packed, knowing that you have everything you need for race day, will allow you to be calmer and less anxious. If you are all packed the night before, the knowledge that you have everything ready to go will also allow you to sleep better as you'll not be thinking

about anything you might have forgotten to pack.

Every race is different, so you need to make sure you pack the appropriate clothing and race gear to suit the weather and distance you will face at your event. One of the simplest ways of doing this is to sit down a few days before you have to leave home and write down a checklist of what you will need. This will give you a chance to see the weather forecast and help decide what clothing and race nutrition you will need. Writing your list a few days early will also give you time to add anything you might have overlooked when originally going through what you need. Below is a basic checklist that you can use when preparing for your next race.

Swim

- Goggles and cap
- Anti-fog goggle solution
- Race suit/togs
- Wetsuit/swim skin
- Brightly coloured towel for transition

Bike

- Bike
- Helmet
- Bike shoes
- Elastic bands
- Race wheels
- Spare tyre and tubes
- Race belt
- Water bottles
- Sunglasses
- Energy bars and gels
- Speedometer
- Pump

Run

- Run shoes (race shoes and trainers)
- Visor/hat

Until next time, happy racing and training. 

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