LJFAT Transition Clinic

When you look at results and areas to improve, the fastest gains can happen in transition. A good transition can make the difference between a pretty good race and a podium finish. Take time to practice transitions and think of it as the fourth discipline of triathlon.

Transition Bag Checklist

Pack a bag or backpack you can carry or wear as you ride your bike. Parking can be a long way from transition. Bring lights for the early morning arrival time.

General Items

__ USAT Membership Card	__ Photo ID	__ Registration Conf.	__ Money
__ Race Uniform	__ Race Numbers	__ Timing Chip/Strap	__ Gels/Energy Bars/Salt
__ Water Bottle(s)	__ Sunscreen	__ Sunglasses	__ Body Glide
__ Post Race Clothes	__ Watch	__ Directions to Venue/Address/Course Map	
__ Clear Tape	__ Scissors	__ Towels/Transition Mat	__ Toilet Paper/Wet Wipes

Swim Gear

__ Wetsuit	__ Swim Cap	__ Goggles	__ Anti-Fog

Bike Gear

__ Bike	__ Helmet	__ Bike Shoes	__ Socks
__ Gloves	__ Tire Pump	__ Spare Tubes/Tire	__ CO2 Cartridges
__ Tools	__ Rubber Bands	__ Bike Computer	

Run Gear

__ Running Shoes	__ Hat/Visor	__ Race Number Belt	__ Socks

Place bike on the rack so that the wheel on the ground is on your side of the assigned rack space. Set up transition so that you can get in and out efficiently. Open shoes up to get feet in easily. Place your helmet so that it's an easy lift and place – straps out.

T1 – Swim to Bike. Drop cap and goggles under bike. Put on helmet first, then shoes or get into shoes while riding. Leave T1 with your helmet on and chin strap buckled. Get on the bike after the whole bike has crossed the mount line.

T2 – Bike to Run. Practice a flying dismount. Dismount before you cross the dismount line. Rack bike quickly and remove your helmet. Get into running shoes and run out of transition with your race belt and run hat/visor in hand. Put your hat/visor and your race belt on as you run out of transition.