

2015 Slippery Rock University Campus Rec Mini Triathlon

Athlete Checklist

Welcome to the 2015 Slippery Rock University Campus Recreation Mini Triathlon!! We are excited to present this race to you with the hopes that you will enjoy yourself to the fullest extent! As a mini triathlon, we are hoping to support a field of new athletes who just want to get introduced to the sport of triathlon. That being said, with the assistance of experienced triathletes on the SRU Triathlon Club, we have compiled a checklist of items so that the pre-race stress is alleviated!

Swim

- Swim Suit or Tri Suit
- Goggles
- Cap (if desired)

Bike

- Helmet
- Sunglasses
- Shoes and Socks
- Bike (Yes, be sure you have your bike ready and in proper working condition...)
- Spare Tube and Other Tools in case of Mechanical Issue
- Tire Pump

Run

- Shoes
- Socks
- Number Belt
- Visor
- Sunglasses

Etc

- NUTRITION (Water, Gatorade, Powerbar, GU, etc.)
- Spare Goggles (You never know what may happen race morning!)
- Road ID (If you have one, great piece of equipment in case of emergencies...)
- Watch / Heart Rate Monitor
- Towels (For both after the swim and to place down by your transition area)

Some more notes for beginners and even some experienced athletes who may forget!!

- Always eat breakfast before the race! Be sure it is about 2 hours ahead of time; don't want to have an upset stomach right at the start!
- Do not wait until last minute to put your gear in order. Do this a few days or so ahead of time so the last minute stress doesn't come to bite you!
- DRESS FOR THE WEATHER! It is unpredictable here in Western PA so do not take any chances! Be sure to check the weather the day before or the morning of and dress appropriately!

- Please remember to keep all of your belongings within one or two bags in transition. It gets hectic the way it is and it helps to have some sort of organization with everyone's gear.
- HAVE FUN! We are not here to qualify for Ironman World Championships, USAT Nationals, or the Olympic Games!!! This is an event in order to spread the enjoyment of triathlon to college students and the community! Cheer others on and enjoy yourself!!

We hope this list provides a pretty good baseline for what the majority of competitors will be looking to bring. Everyone is different, so you may need to tweak this list a little in order to fit your preferences! See you April 26th!