



LAKWOOD VALLEY TRIATHLON TIPS

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TIP 2 THE TRANSITION . . . Changing gears on the course

Many beginners don't realize the importance of transitions in a triathlon. The first transition, or T1, as it is called in triathlon circles, can save thirty seconds or more on your overall race time. Many beginners even get passed in the transition area because of a slow transition. In T1, the transition from swimming to biking, one should consider these tips for a quick transition from the swim to the bike:

T1 Tips

1. Get to the transition area early and pick a good spot. The transition area may be crowded when exiting so pick a spot near the bike course.
2. Have all your equipment ready and in place.
Place a towel under your bike and have another towel for drying off. Have your helmet, sunglasses, cycling gloves, socks, and any other equipment ready to go on the towel under your bike.
3. Decide before the race if you will wear socks, if you will dry off, and if your cycling shoes will be clipped into your bike.
4. Decide how you will take your bike off the rack and how you will put the bike back on the rack when you return.
5. Make sure you know where the mount and dismount line is for the bike.
6. Practice your transitions as part of your training, and practice your transitions before the race actually starts!

TIP 2 Motto: Transition one can be fun...if you've practiced and prepared for this one.