



## PT Solutions Acworth Women's Triathlon Checklist

### DAY BEFORE RACE!

- Look over race maps and check out the course.
- Review all transition materials
- Pack transition bag (similar to transition set-up)

\*If you aren't using it for the race, don't bring it!

### Race Morning

\*Be sure to bring:

- Bike
- ID/USAT card – if a member
- Driver's License
- Transition Bag
- Helmet
- Arrive to race site **at least** one-hour prior to race start.

### TRANSITION AREA

- Get body marked.
- Rack your bike on your assigned rack.
- Set-up transition area.
- Remove transition bag from transition area.
- Bring goggles and cap to swim start.
- Get to water (starting line) at least 15 minutes prior to race start.
- Warm-up (swim easy for 5 minutes, jog 5-10 minutes).

### POST-RACE

- Celebrate your accomplishment!
- Receive (and wear) your Finisher's medal at finish line.
- Volunteer will remove timing chip.
- Hydrate with fluids.
- Enjoy the post-race food.
- Catch Bus back to Transition area.
- Gather race belongings at transition area.