



SWIM, BIKE, RUN and HAVE FUN! RESTON KIDS TRIATHLON

NIGHT BEFORE

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| | Pack-up gear, pin number on t-shirt. |
| | Have a good dinner! Carbo-loading suggestion-Spaghetti, Salad and Bread & Butter, Drink. |
| | Sleep Tight! Triathletes need plenty of rest. |
| | Pump Tires |
| | Pack your race day bag |
- Swim Cap
 - Goggles
 - Bike
 - Helmet
 - Sunglasses
 - Shoes
 - Socks
 - Small Towel
 - Shorts
 - T-shirt with bib number
 - Baseball Cap

MORNING OF RACE

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| | Put on swim suit |
| | Have a good breakfast! Suggestion-Bagel, Peanut Butter, Drink. |
| | Don't forget your race day bag! |
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ARRIVING AT THE RACE

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| | Find your spot at the Transition area between 6:30-7:15 a.m. |
| | Rack your bike |
| | Set-up and organize Transition area gear |
| | Sunscreen |
| | Sports drink / water |

ABOUT THE VOLUNTEERS STAFF

Need help? Just ask one of the volunteers! They will be able to tell you where you need to go and what you need to do when they get there. Just ask!