



SWIM, BIKE, RUN and HAVE FUN! RESTON KIDS TRIATHLON 2013

NIGHT BEFORE

	Pack-up gear, pin number on t-shirt.
	Have a good dinner! Carbo-loading suggestion-Spaghetti, Salad and Bread & Butter and a drink.
	Sleep Tight! Triathletes need plenty of rest.
	Pump Tires, Last minute bike check, shoe check, gear check.

ON RACE DAY...BE ON TIME! (6:30-7:15am)

	Give yourself plenty of time to prepare for the race.
	Have a good breakfast! Suggestion-Bagel, Peanut Butter, Drink.
	Sunscreen

PRE-SWIM

	Check in at the Transition area between 6:30-7:15 a.m. - Receive Chip
	Rack Bike
	Set-up and Organize Transition area gear
	Sports drink / water

SWIM

	Swim Suit
	Cap
	Goggles

BIKE

	Bike
	Helmet
	Sunglasses
	Shoes
	Socks
	Small Towel
	Shorts
	T-Shirt...Must wear bib number (pin on shirt night before)

RUN

	Baseball Cap (optional)
	Extra Water Bottle - Just in case

ABOUT THE VOLUNTEERS STAFF

During pre-race set-up volunteers will be ready to assist locating age appropriate bike station, racking of bikes, help with the set-up and organization of all transition gear.