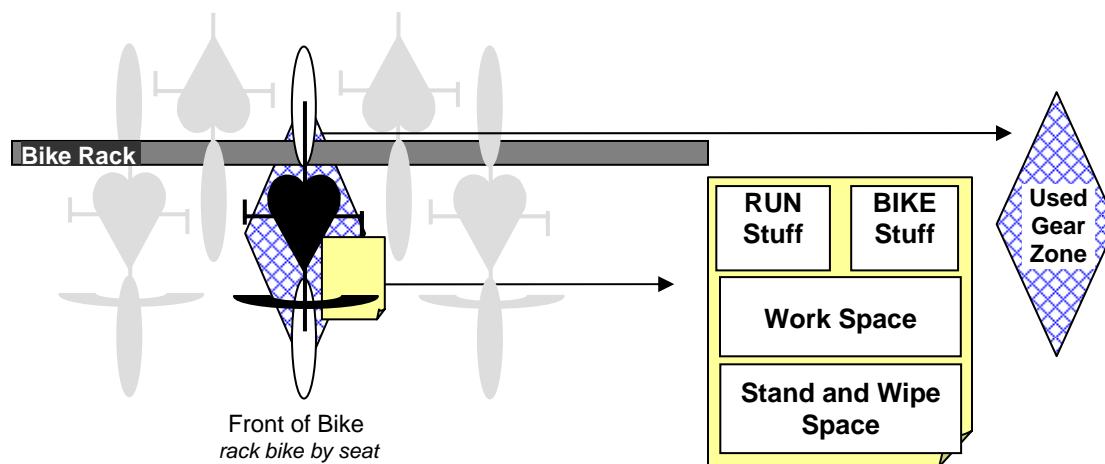


Transition Set Up



Basics

1. Set up bike - front facing out.
2. "Hand Towel" worth of space.
3. Less is More - all you need is bike and run gear. That's it.
4. All other gear - stash at end of row, along fence, OR give to family/friends.

USAT Rules: Article VII - Transition Area Conduct

Any violations result in variable penalties/disqualification.

7.1 Entering and Exiting. A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area.

7.2 Placement of Equipment. All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas.

7.3 Bicycle Placement. All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event.

7.4 Obstruction and Interference. No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area.

7.5 Glass Containers. Any participant who brings any glass container into the transition area shall be disqualified.

9.6 Race Marshals. Race Marshals will be assigned to the swim, cycle, and run portions of the event and to the transition areas and will follow all instructions of the Head Referee. Race Marshals shall have jurisdiction over all persons in their respective areas of assignment...The Head Referee, and not the Race Marshal, shall assess penalties.

http://triathlon.teamusa.org/.../2009_USAT_Competitive_Rules.pdf

Transition in Action

1. Run in from swim.
 - ✓ Know where you are running to!!
2. Wad up wetsuit, goggles, cap - put in "used gear zone".
3. Simultaneously:
 - Wipe feet in "stand and wipe area" while putting on bike helmet and sun glasses. **SECURE HELMET!!**
 - Put bike socks on (optional). All other bike needs should be ON the bike.
4. Grab bike and go (option to put bike shoes on in transition if not clipped to bike pedals)
5. Return with bike – rack bike front first via handle bars.
6. Simultaneously:
 - Remove bike shoes (if not already clipped to bike) and put in "used gear zone".
 - Put on running shoes.
 - ✓ Do not "dress" in transition – dress on the run!!
7. Grab running pile (hat, fuel, etc).
8. While running OUT of transition, put on race belt, running hat, fuel belt, etc.

BUT...BUT...what about...

- Body glide ➡ Put it on before the race.
- Sun screen ➡ Put it on before the race.
- Sitting down ➡ Lean, or sit on your "Stand and wipe" area.
- Rain ➡ Put your stuff in plastic bags.
- Someone else's stuff gets in my way ➡ Deal with it.
- I need something I don't have ➡ Do you really need it?
- Fire Ants ➡ Look for them before setting up. Relocate with permission if necessary.

Final Thoughts

1. Never EVER EVER move someone else's transition area or items. Find a race official to do so.
2. You might not be racing, but most others are. Be considerate of your space and theirs.
3. Less stuff = faster and more efficient.
4. This is a sweaty, dirty, race, not a trip to the day spa. Save the pampering for post-race.
5. Karma – what comes around goes around.