

# Pre-Race

Wetsuit

Wetsuit

Wetsuit

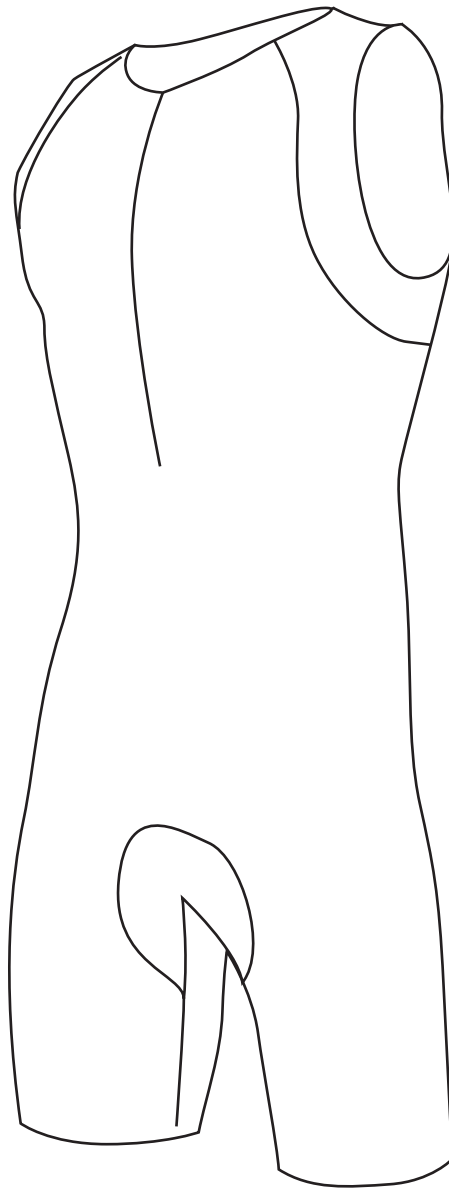
Wetsuit

Wetsuit

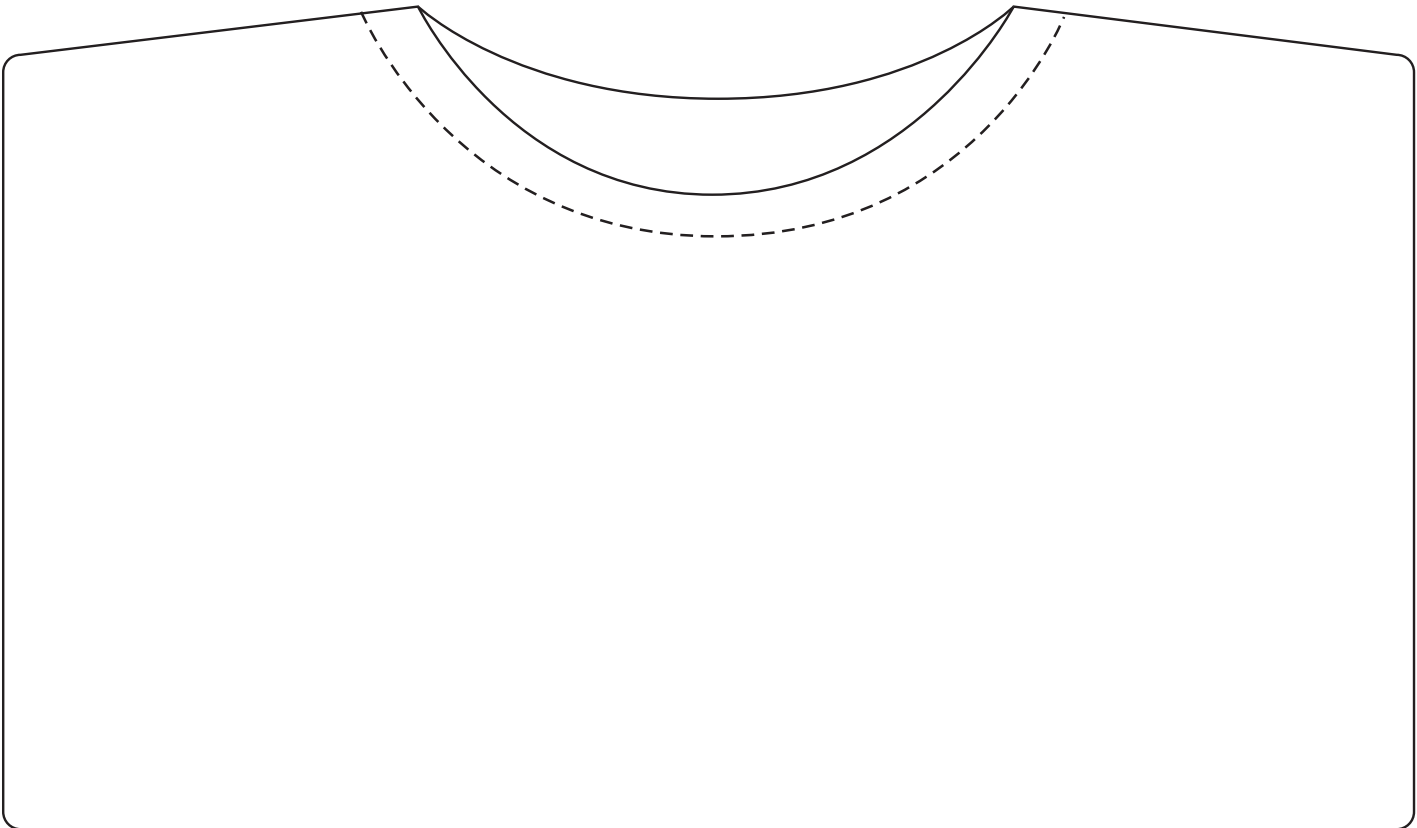
Wetsuit

Wetsuit

Wetsuit



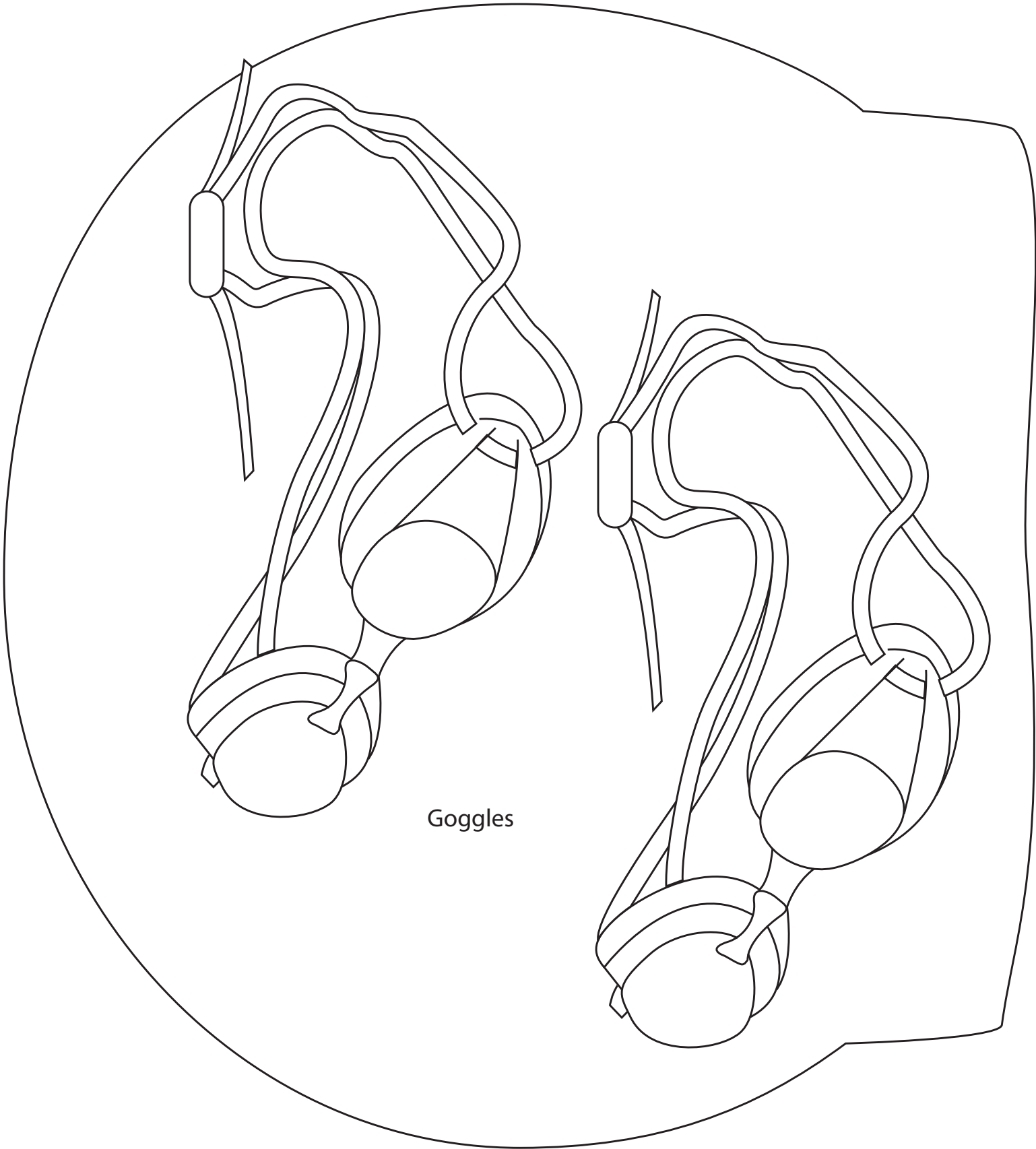
Tri-Suit



Pre-Race Attire



# Swim



Goggles

Swim Cap



Bike Jersey

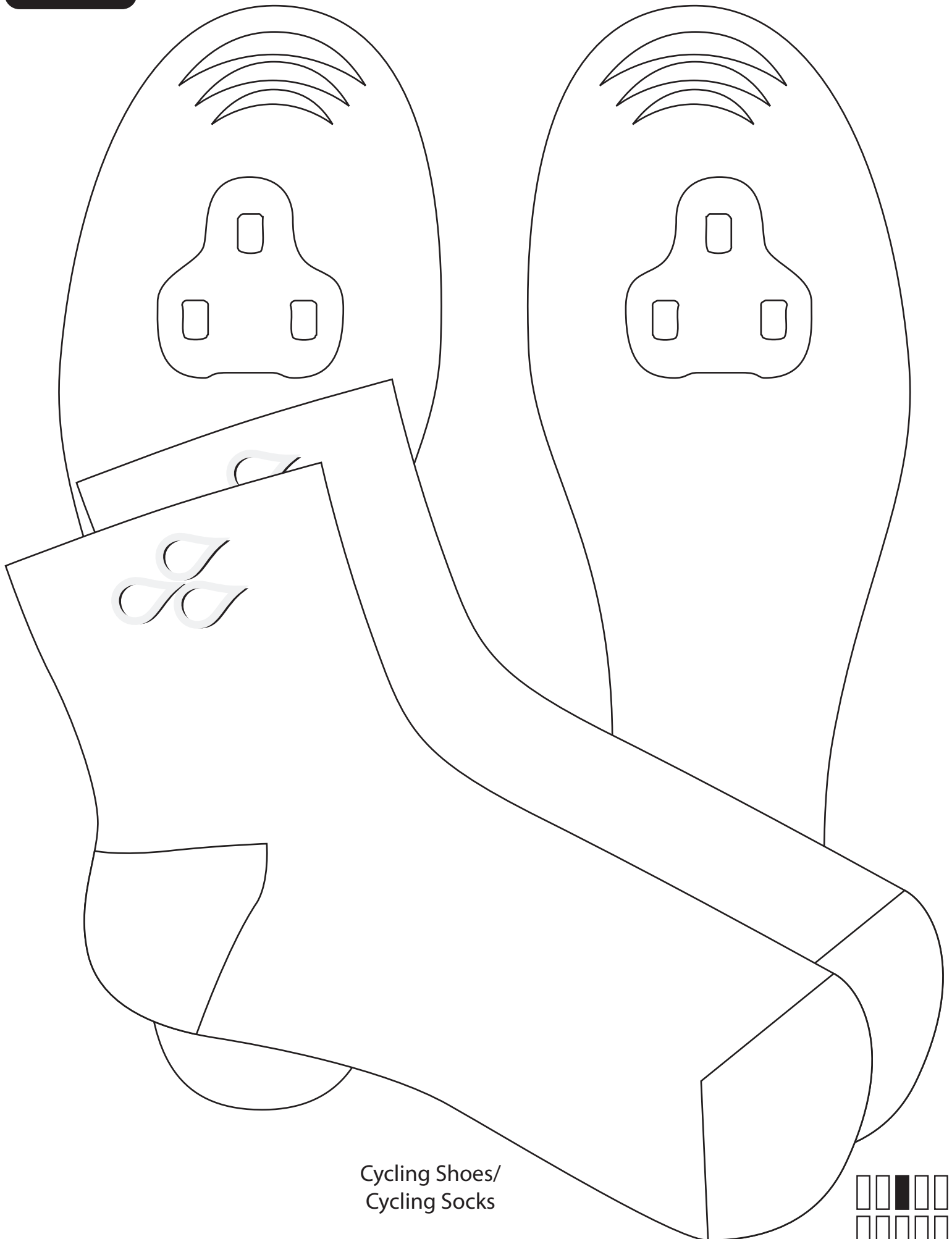
Bike Jersey

Bike Jersey

Bike Jersey

Bike Jersey

# Bike



Cycling Shoes/  
Cycling Socks



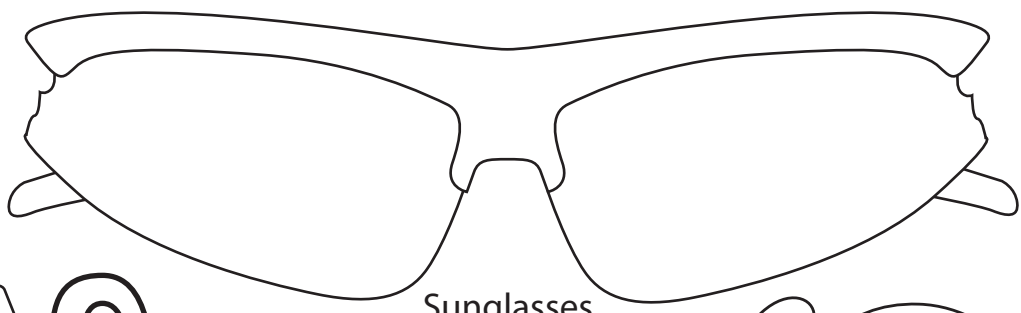
Special Needs Bike

Special Needs Bike

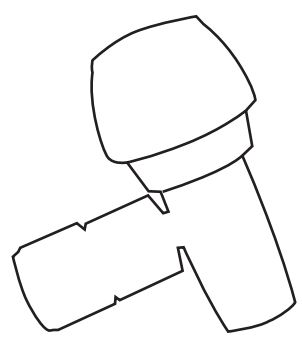
Special Needs Bike

Special Needs Bike

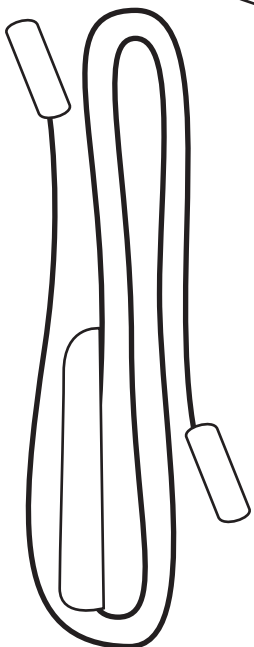
# Bike



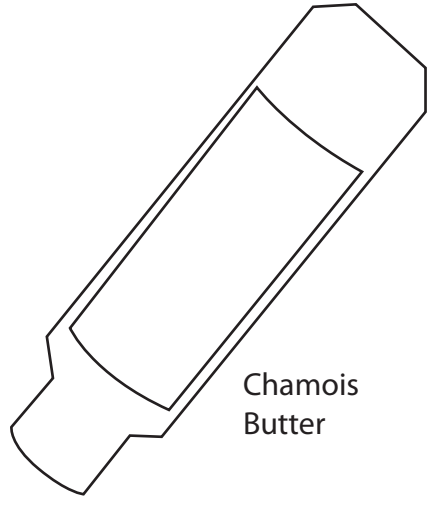
Sunglasses



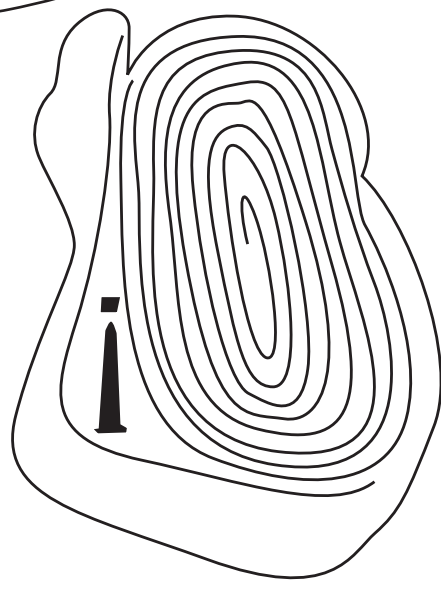
CO2 Inflator Valve



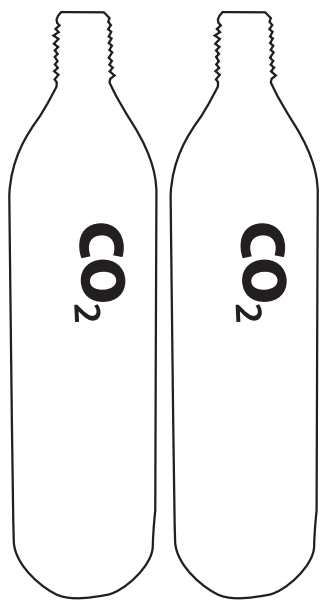
Heart Rate Monitor



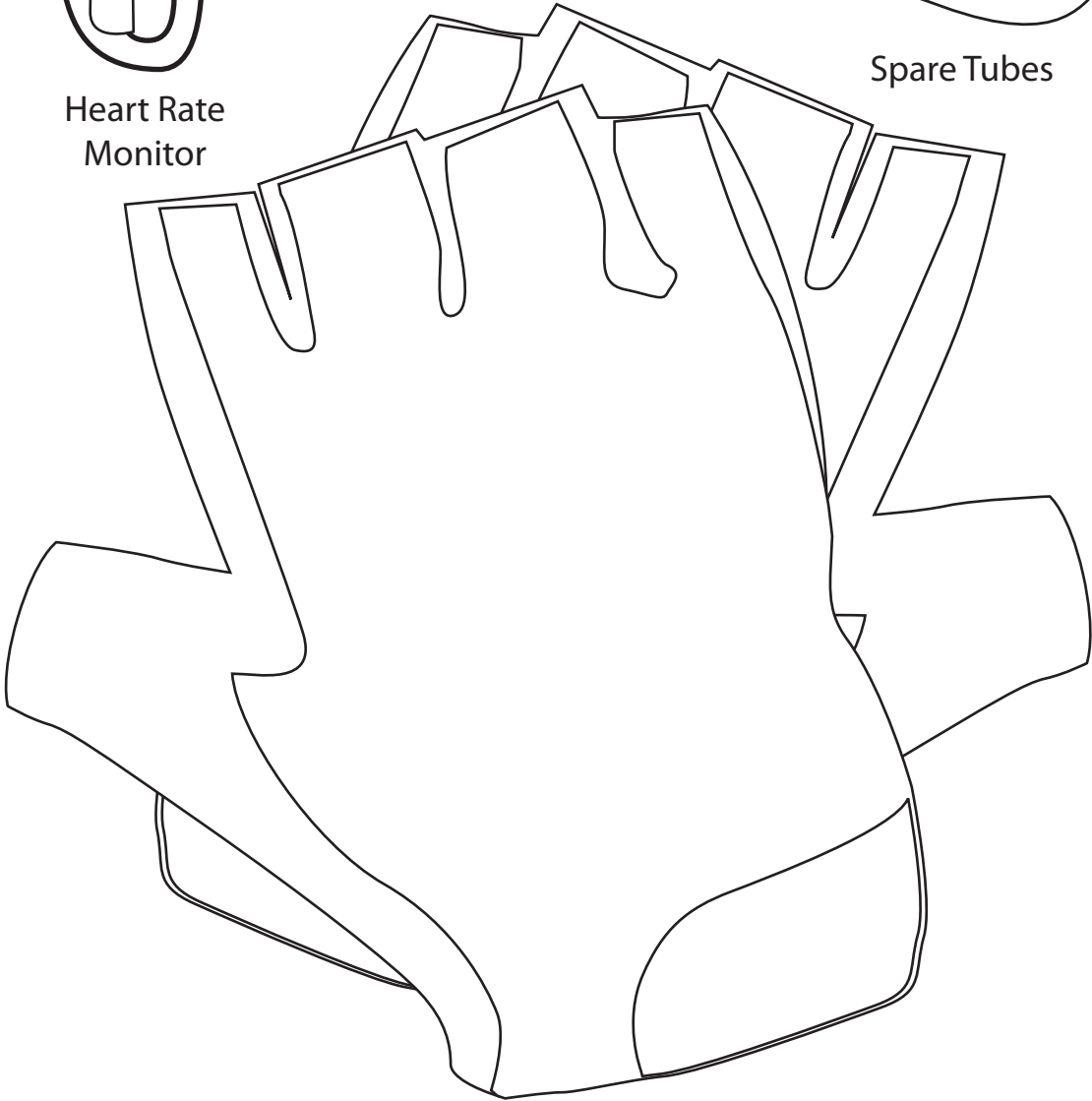
Chamois Butter



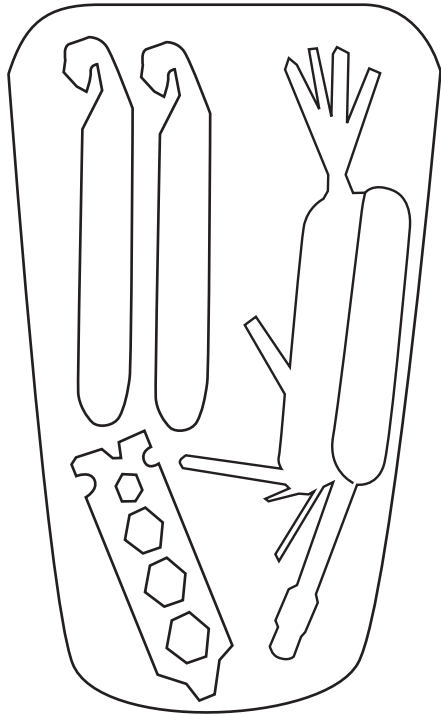
Spare Tubes



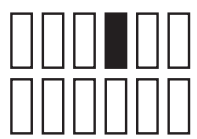
CO2 Cartridges



Cycling Gloves



Tool Kit



Special Needs Bike

Special Needs Bike

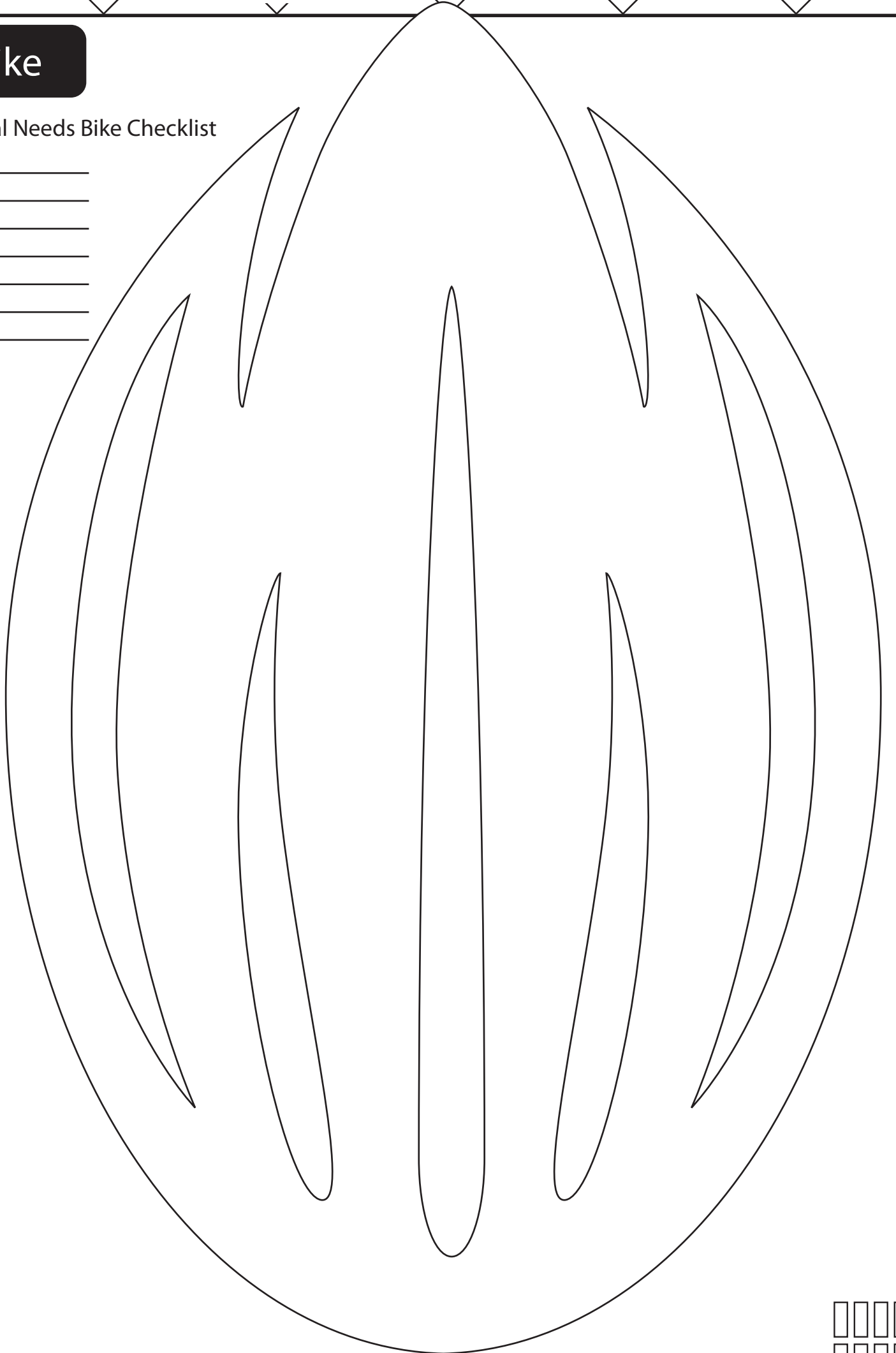
Special Needs Bike

Special Needs Bike

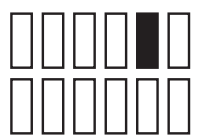
# Bike

## Special Needs Bike Checklist

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

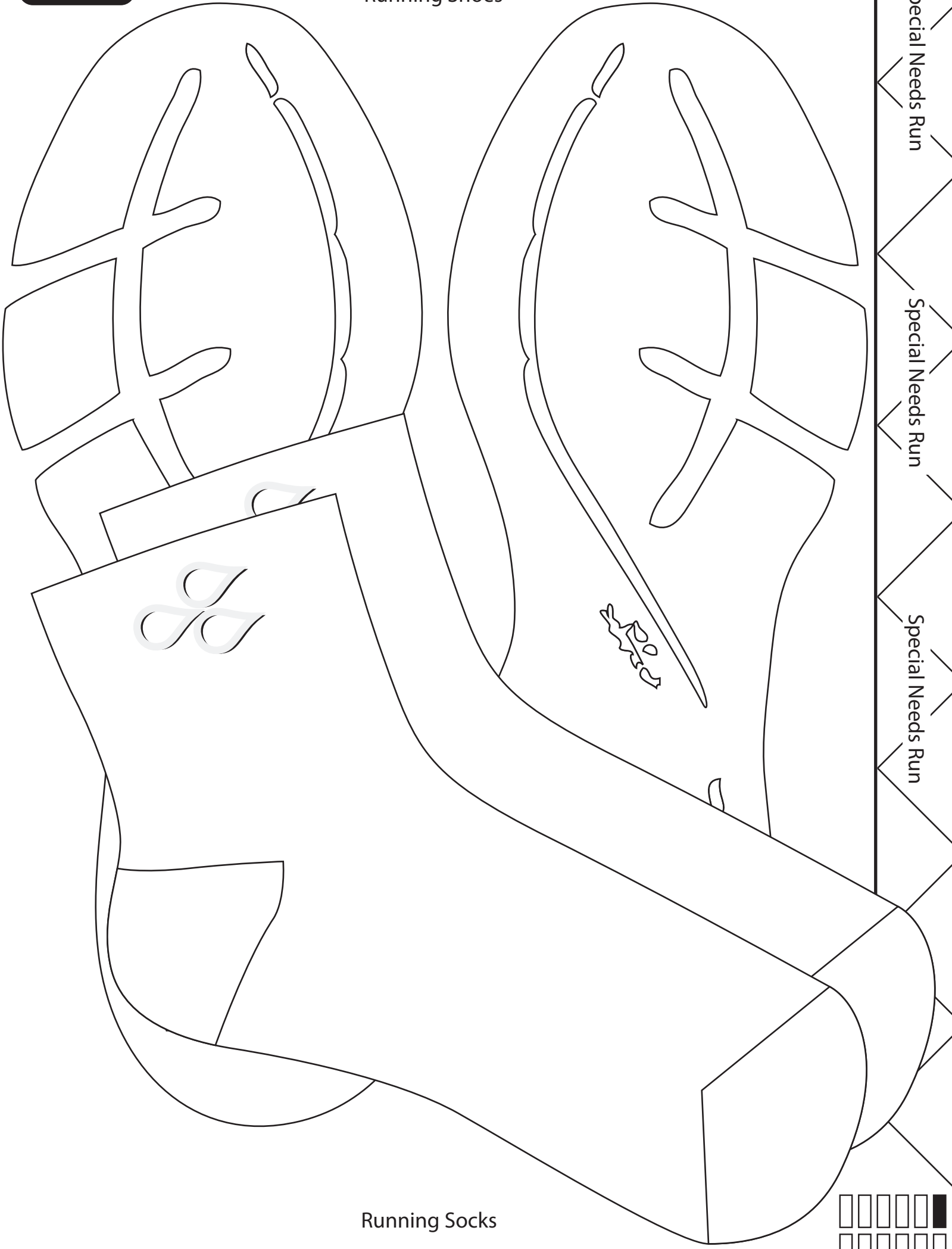


Bike Helmet



Run

Running Shoes

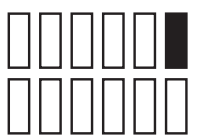


Special Needs Run

Special Needs Run

Special Needs Run

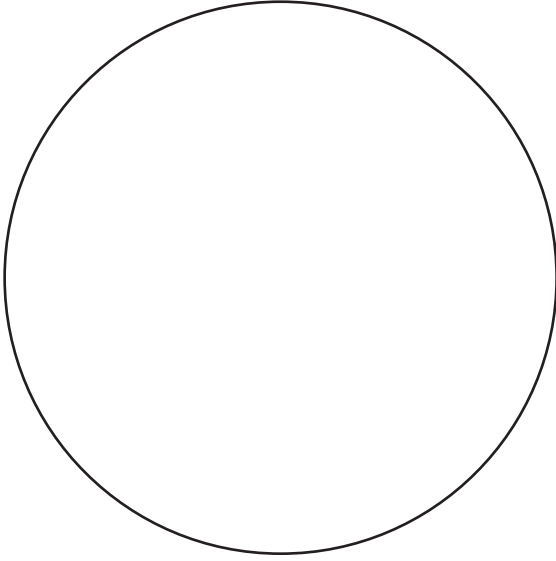
Running Socks



Wetsuit

# Pre-Race

Wetsuit

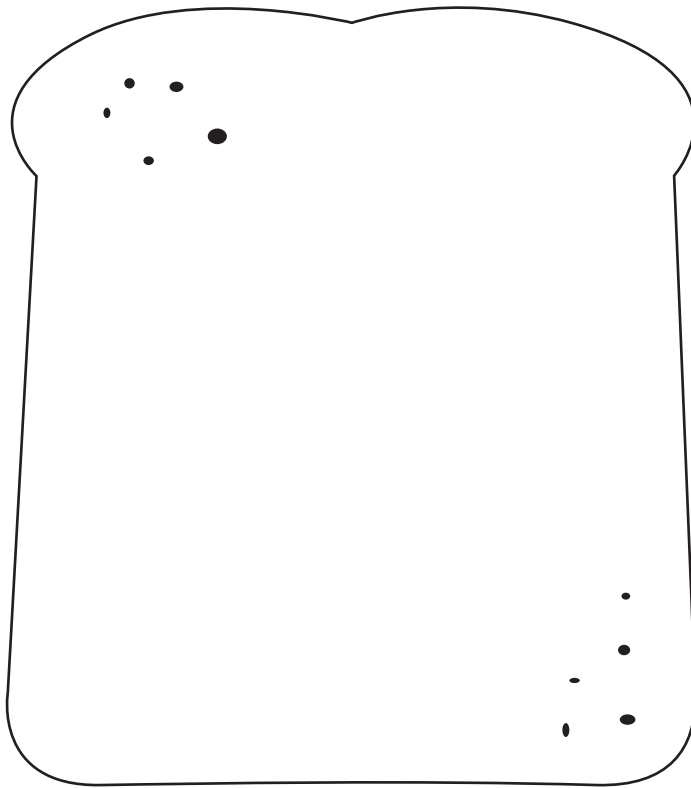


Pre-Race Drink

Wetsuit

Wetsuit

Wetsuit



Pre-Race Food

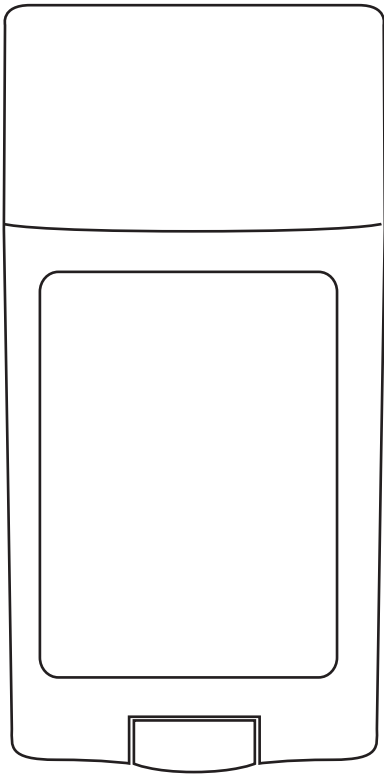
Wetsuit

Wetsuit

Wetsuit



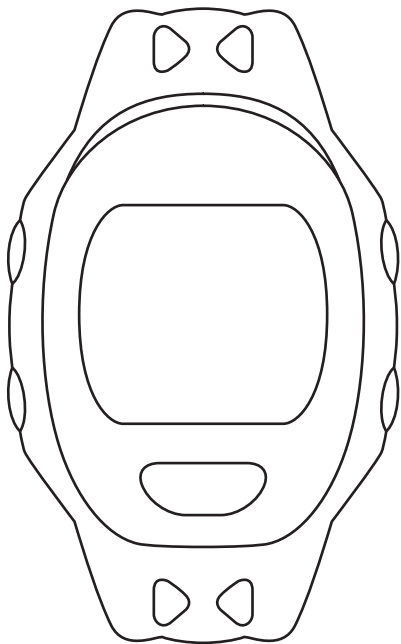
# Swim



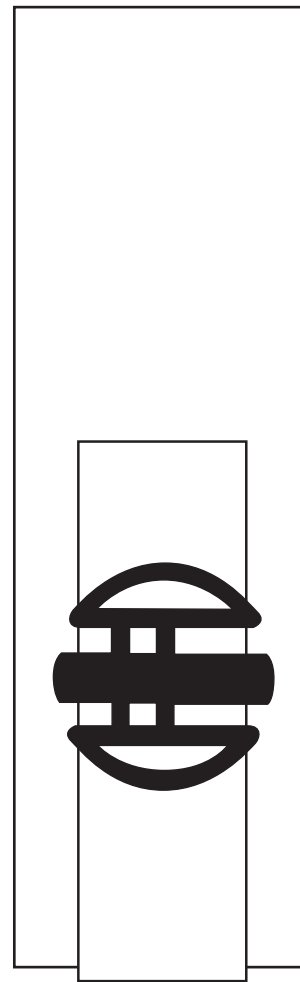
Anti Chafing



Ear Plugs



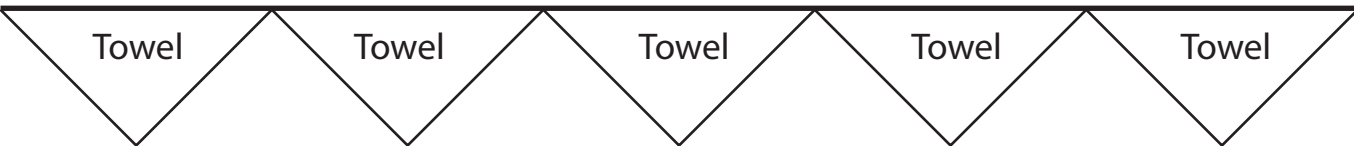
Watch



Timing Chip

Other Swim Checklist

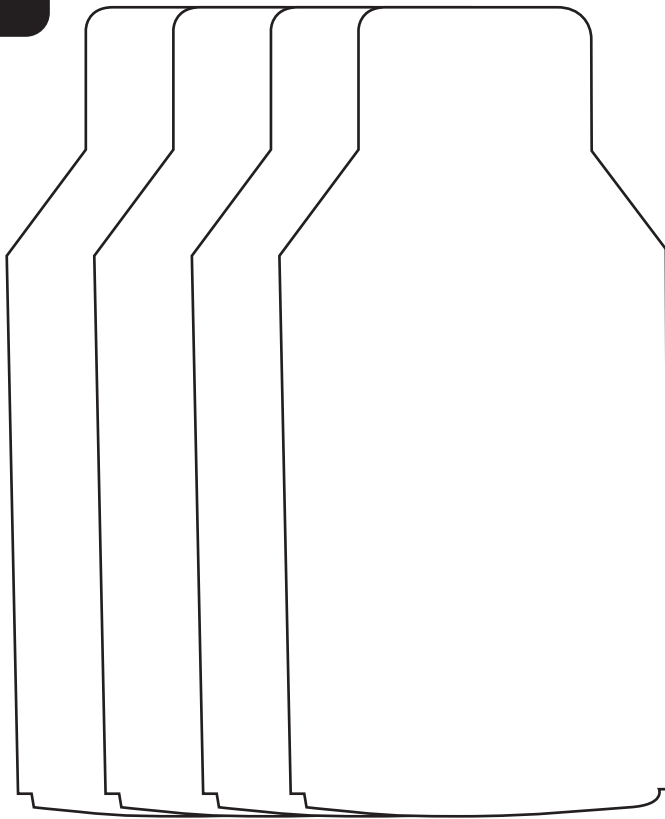
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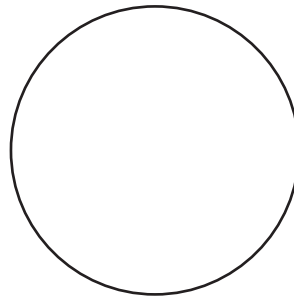
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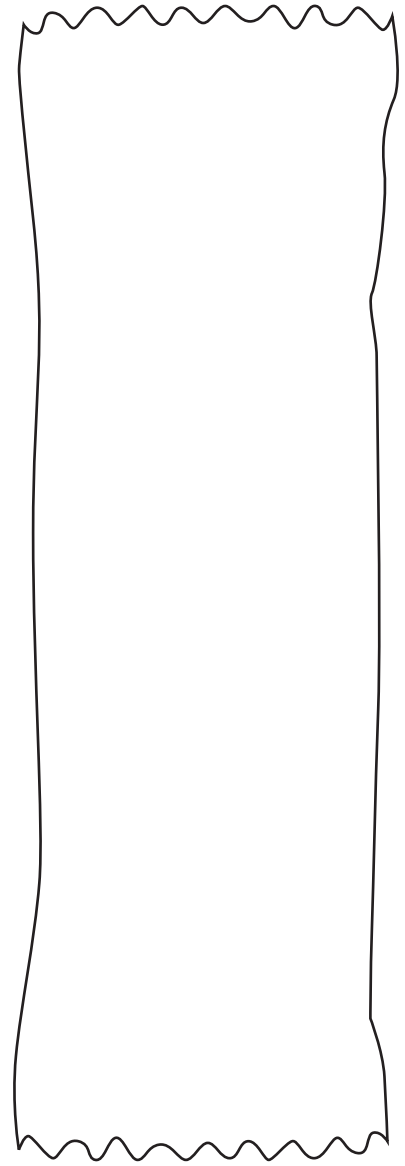
# Bike



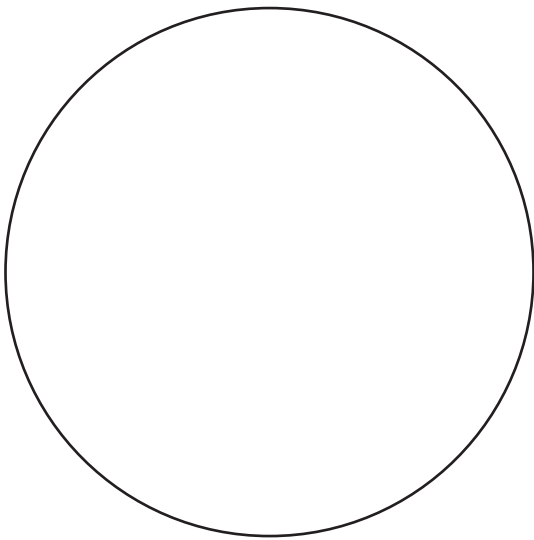
Energy Gel



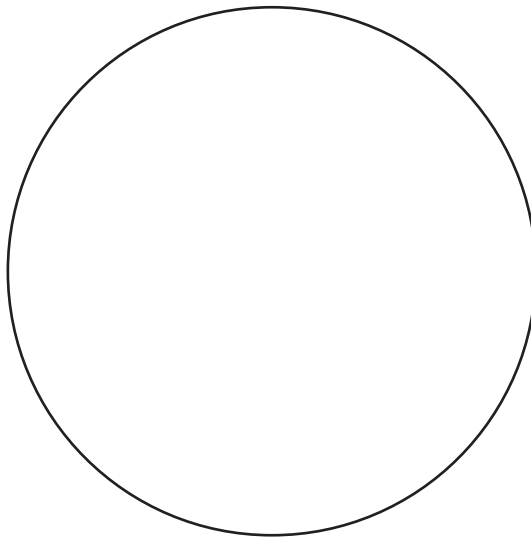
Sun Screen



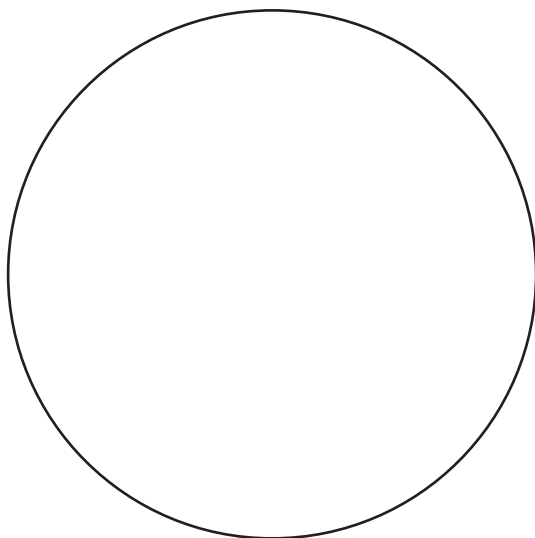
Sports Bar



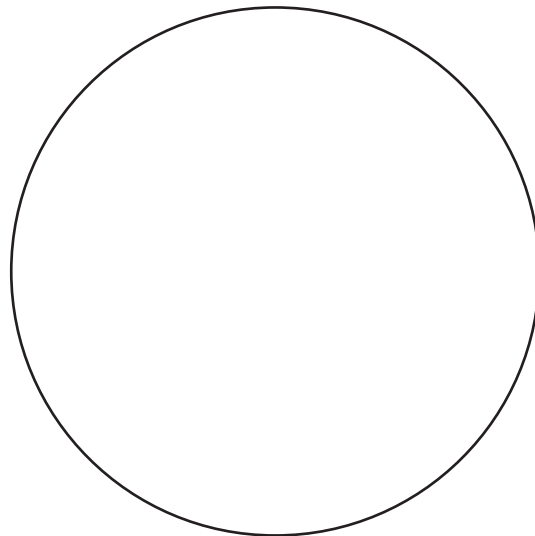
Bike Bottle



Bike Bottle



Sports Drink



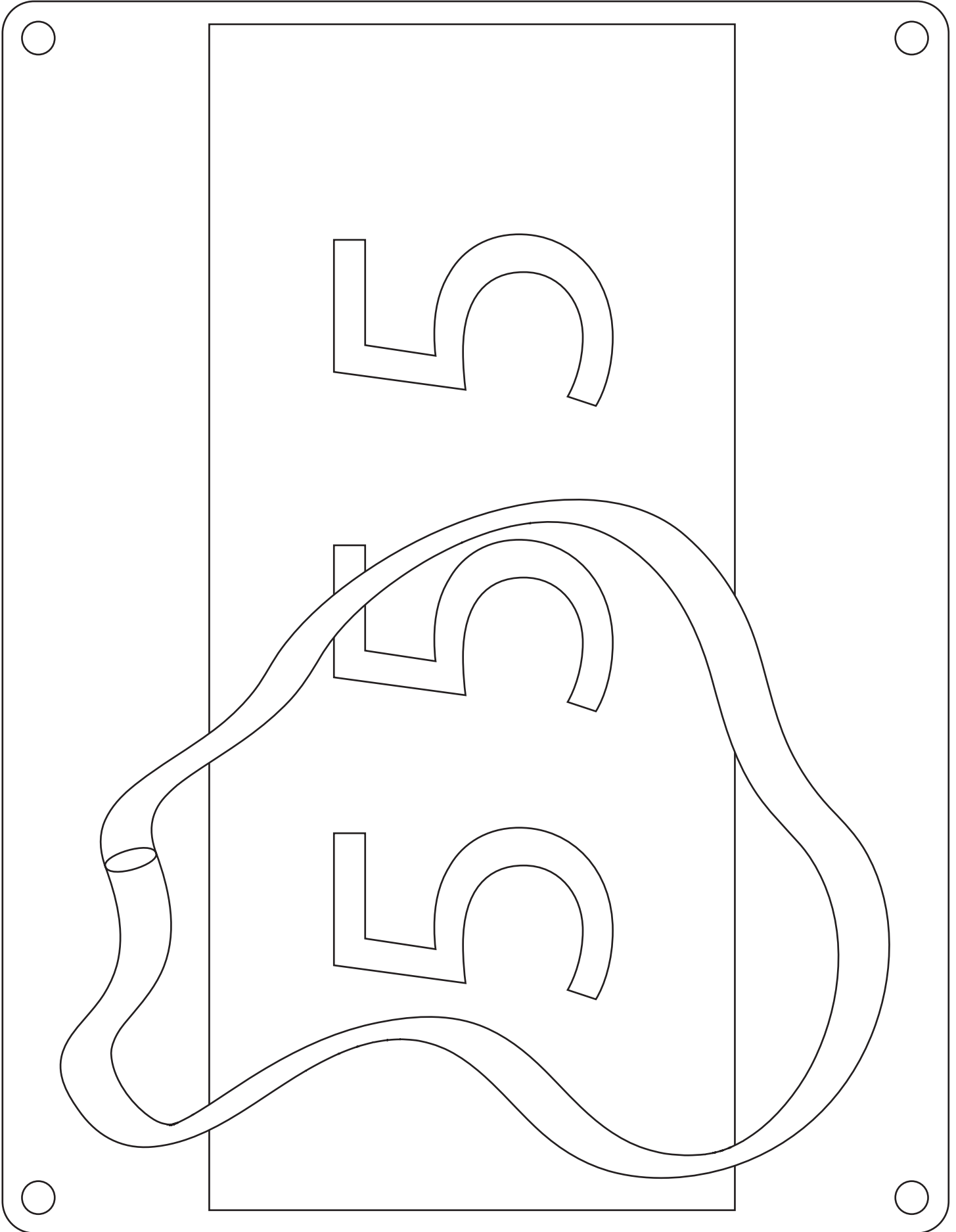
Sports Drink

Other Bike Checklist

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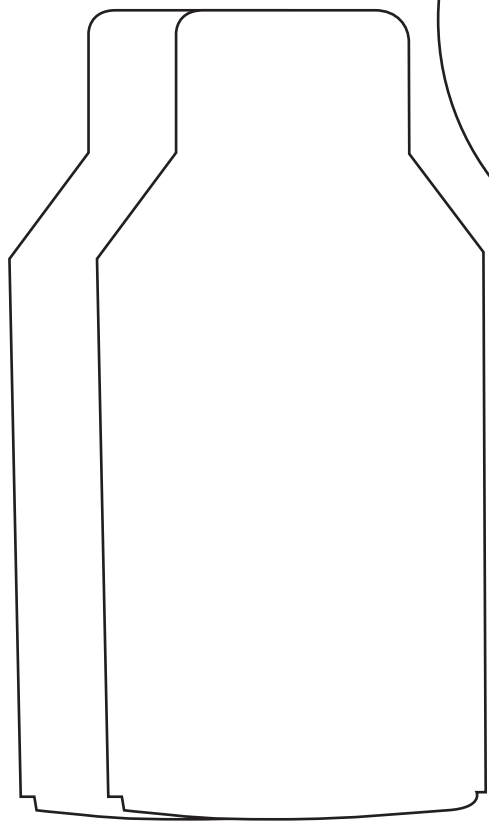
# Bike + Run



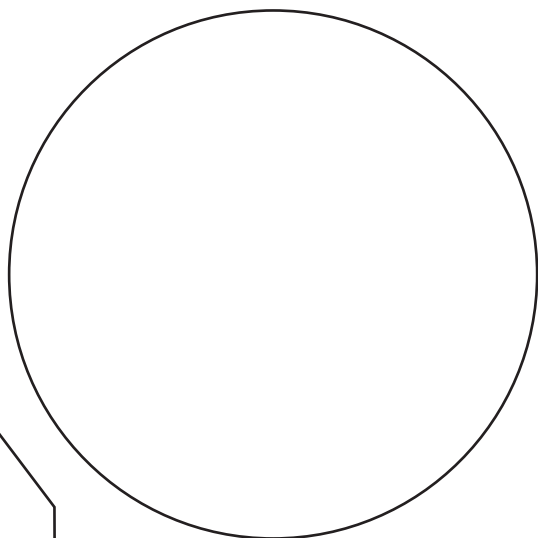
Race Belt + Number



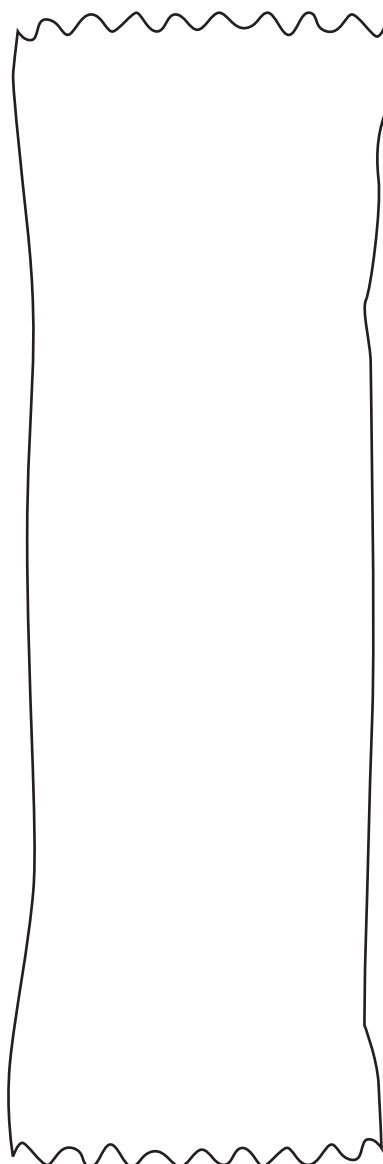
# Run



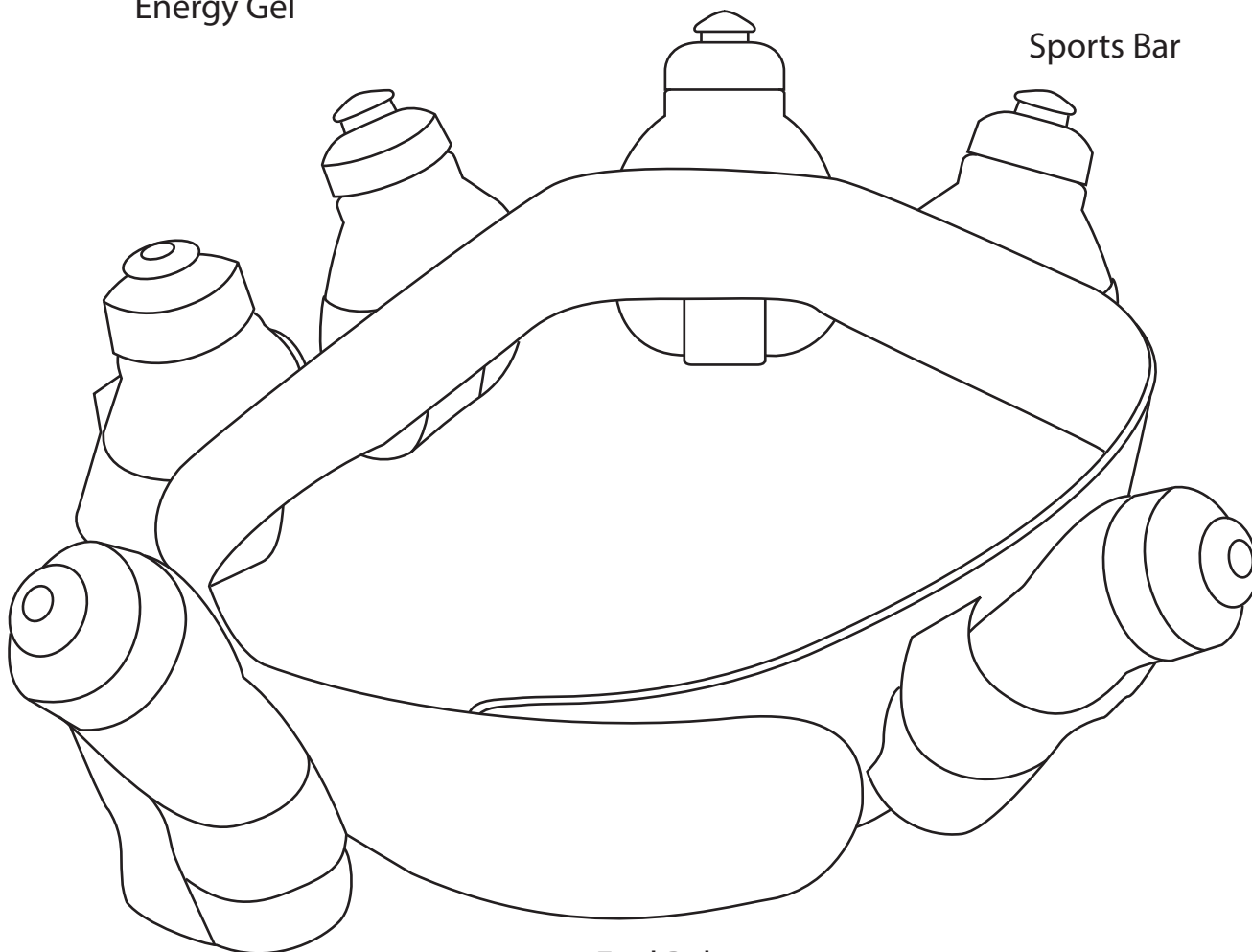
Energy Gel



Water Bottle



Sports Bar



Fuel Belt

Other Run Checklist

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Run

Cap/Visor

Sunglasses



Special Needs Run Checklist

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

