

## Physically Strong Triathlon Equipment Basics

First of all...If this is your first triathlon, or among your first, or the latest out of over one hundred, please know that we are honoured that you are joining us for this event.

Consider your training for a triathlon and your participation in a multisport event as a great step toward a lifetime sport and potentially a lifestyle.

The Physically Strong Triathlon was designed with people new to the sport in mind, particularly for the short course. But the off road venue also makes it easier for anyone to participate with a minimum of gear or equipment.

At a minimum, you will need a properly functioning bicycle which can negotiate off road trails. Next you are required to use a helmet while on your bike. It is also a USAT (see registration page) requirement that any time you are mounted on your bike around the venue on race day, even before the event starts, your helmet must be on and secured. That is also a requirement for bicycle use at camp Rota-Kiwan. Its just basic safety.

You may want goggles to swim with. You don't have to, but they do make the process a lot easier.

You will want a couple towels. Use one on the ground at your transition spot to put your gear down. Maybe a small one to do a quick wipe down following the swim, and a larger one to dry off with if you jump back in the lake post race to cool off. (We will have lifeguards at the waterfront post race so you may do that).

If you use a clipless system for your bike you are all set there and just need another pair of shoes you are comfortable running in over off road trails. Keep in mind that if any of the course is wet, there could be considerably slippery and muddy conditions to run through.

You may want to get a number belt. You will be given a "bib number". This is a small paper number similar to what is used to identify participants in running events, which you must carry with you in some fashion during the run portion of the event, and be visible on your front when you approach and cross the finish line. Using safety pins to attach it to your shirt or jersey is allowed and perfectly fine. An elastic number belt however makes the process much easier. You attach the number to the belt using the belt's clips. When you transition from the bike to the run course, grab the belt, clip it on, and away you go. Clean, simple, and easy.

And then...a carry bag with shoulder strap to transport your gear.

That is really the basic list of what you need to complete the event.

You may want or need to run with sunglasses, hat, sun screen, or have a wetsuit for swimming. A wetsuit may be worn depending on water temperatures. Please consult the USAT Rule book for the complete explanation about wet suits. Bass Lake is typically very warm the end of August. It could easily be over the temperature threshold where they would even be allowed. You may want or need ear plugs for swimming. Make a list of everything you will need or want to bring.

Radios, MP3 players, etc., are not allowed to be used during the event.

Some people consider their dogs to be essential equipment and a part of the family and go everywhere with them. We couldn't agree more. But family pets are not allowed on site at camp Rota-Kiwan. Please make arrangements for the safe well being of your pets while participating in the event.