

# TRANSITION GEAR SETUP



## SETUP

Each athlete has approximately 2 square feet of space on the left side of their bike's (non crank side) front tire to place their gear. We recommend using a small towel to identify your space and the items on it. You are also allowed to keep a reasonably sized backpack or transition bag behind your items towards the rear tire. Keep your area organized and tidy both before and during the event. Be considerate of the space of others.



**PLEASE NOTE:** A bike helmet, any kind of shoes on the bike and the run, plus wearing your assigned race number on the run, are all mandatory. Sunglasses, running hat, socks (not shown), elastic race number belt, and separate shoes dedicated to cycling and running are all strongly advised but not mandatory.



**REMINDER** WE DO NOT HAVE PRE RACE BIKE CHECK-IN. PLEASE BRING YOUR BIKE AND ALL NECESSARY GEAR WITH YOU RACE MORNING.