

LIMERICK TRIATHLON CLUB

Pain is temporary, club pride is forever...

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<http://www.limericktriathlon.com>



RACE DAY CHECKLIST

SWIM

- Trisuit
- Wet suit
- Hat
- Goggles
- Race belt
- Body Glide
- Suncream
- Small towel

BIKE

- Bike
- Helmet
- sun glasses
- socks
- Tubes & Pump
- cycling shoes
- Elastic bands
- Water bottle

RUN

- Runshoe
- Visor/hat

OTHER

- Energy drink
- Energy bar/gel
- TI Card (with Photo attached)
- Watch (with Heart rate monitor)
- Warm clothing