

TNT Triathlon - What you Need

People often ask us what they need to do a triathlon. That varies greatly based on a number of factors – your budget, your race goals, your commitment to the sport long-term, etc. So, we've divided the list of triathlon gear into two sections.

The first are “Must Haves.” These are things you really must have to train for and then do a triathlon. Second are the “Nice if You Can Afford Them.” These are things that are great to have if you have the money for it.

This will also be divided into swim, bike, run, and race. The list for each sport will be specific to what you need to TRAIN. The Race section will touch on what you need to race, if it is in fact different from training. Note – many of the smaller details of what you'll need for your race will be covered in your Tri 101 clinic later in the season. For today, we'll focus mostly on what you'll be wearing and a little about equipment. Don't worry about race gear until a bit further into the season.

Swim Must Haves!

- Goggles – these can be any make or model. You just want them to fit well and not leak. Go with silicone/rubber – not foam around the eyes for a better seal. (\$7-30)
- Swim Cap – girls, you will need and want these in the pool. Guys, you do not need them in the pool, but EVERYONE must wear one when doing our open water swims which will start in late spring. Go cheap. You'll lose these occasionally and you'll get free ones at races! (\$3-10)
- Swim Suit (female) – any sport-type suit is perfect for training – preferably racer-back. One or two-piece is fine. You want to make sure it fits tight enough to not cause drag in the water and is comfortable and supportive. (\$25-85)
- Swim Suit (male) – technically, you can wear any suit. But there are suits that are designed to prevent drag and make it easier for you to swim. These include the dreaded Speedo, jammers (look like bike shorts, but with no pad – just tighter “shorts” for swimming), and tri suits (much like bike shorts with a very thin pad). (\$35-60)
- Swim Fins (not diving) – Zoomers or Tyr split fins are an example. (\$20-35)

Bike Must Haves!

- A bike – duh! Seriously, you can use a road bike, tri bike, mountain bike or hybrid. As long as it is a safe bike and it fits you well (see a coach or bike shop regarding fit), it will work for your first race.
- Water bottle cages and water bottles – these are a must in any weather. Get at least two on your bike. (\$3-10)
- Flat changing kit and bag – you'll need the bag to carry a spare tube, CO2 cartridge, CO2 adapter, tire levers, and patch kit. (we'll teach you how to change a flat) (for all \$30-50)
- A helmet – any standard, approved bike helmet will do. Nothing expensive or fancy here – just something to cover your head! (\$30-200)
- Sunglasses – you can wear your \$10 Target specials or you can spend \$250 on sport/cycling sunglasses. Your call. But, you must cover those eyes for safety.
- Bike shorts or tri shorts – I just have to put these in the “must have” category. You will spend a good \$60 or more on bike shorts (\$40 or so for tri shorts) but it will be the best money spent – just ask your sore tush! Makes a world of difference in riding. And this is one occasion where it pays to spend a little more! In the winter, you can wear pants or

tights over these for extra warmth. Make sure the pants are tight at the ankles or buy the reflective strap to keep them away from the chain. (\$40-80 for bike/tri shorts)

Run Must Haves

- The RIGHT pair of running shoes for you as fitted by a running specialty store like Running Wild in Highlands Ranch, Runners Roost, or Boulder Running Company. (\$75-140)
- Socks – no cotton! Running stores have a good selection of synthetic materials to choose from (\$5-12)
- Sports bra (for women) – no cotton here! Several types to choose from! (\$35-75)
- Gloves and hat in winter

Bike Nice if You Can Afford Them

- Clipless pedals and shoes – this makes riding more efficient, easier and more powerful. See a coach or a bike shop, but there are tons to choose from. Shoes (\$40-200) Pedals (\$60-300)
- Computer – an optional, but nice feature. Gives info like speed, time ridden, distance, and cadence. Totally worth the money to get one with cadence – very important! (\$30-100)
- Clip-on Aerobars – for those who have good bike handling skills and are comfortable with balance on a bike. You can get bar-end shifting or not. (see a coach or bike shop for more info) (\$75-250)
- Bike jersey – especially if you are concerned about going fast. These are made to fit tight, have pockets, etc. You can get long sleeve or short sleeve – go with shortsleeve for more use – you can cover up with other layers. (\$65-100)
- Bike Gloves – some people think these are must haves. If you can afford them, they are great! You can get the “half” gloves which are great, or full gloves for winter. (\$15-40)
- Windbreaker/jacket – this is important in the winter. A cycling specific jacket is good since they are designed for riding – longer in the back, tighter fitting to avoid drag, etc.
- Arm warmers/leg warmers – these are a great way to turn shorts into tights and short sleeve shirts into long sleeve!
- Toe warmers or booties – great to cover up cycling shoes. Keep the feet warm! (\$15-50)
- Skull cap or balaclava – lightweight cap to cover the head under the helmet – also can use ear bands.
- Vests – great for just a lighter layer when you might not need a full jacket. Again – fit a bit tighter and lower in the back for cycling.

Run Nice if You Can Afford Them

- Lightweight mesh cap – I consider this a must in the summer. It keeps your head cool while shading the head and face from the sun. (\$15-25)
- Ear band or winter hat (synthetic materials) - great for winter.
- Good running shorts – no cotton here! These are lightweight with a liner, designed to wick moisture away from the skin (\$25-45)
- Running tights – again they wick moisture. The great thing is that you can run in them and then you can also put them over cycling shorts for warmth.
- Good running shirts, singlets, etc. – no cotton here. These are lightweight, synthetic materials to wick moisture away from the skin (\$25-65) If you keep a good synthetic piece closest to your skin, you can layer with other things you may already own.
- You can wear your cycling jerseys and vests for running as well!

- Heart Rate Monitor – a great way to monitor your effort level. Talk to a coach for more specifics (\$70-350)

Race Gear

We'll get into a LOT of race gear at your Tri 101 clinic, but here are some basics so you can start planning now. Other things, including details of racing, will be covered in Tri 101.

- Tri Suit for Men – this can be a one piece racing suit; or tri shorts and a tri top (pieces range from \$36-100)
- Tri Suit for Women – this can be a one piece with/without sports bra underneath depending on model; or 2-piece to include tri shorts and tri top (usually with sports bra underneath). Make sure the things you buy are tri-specific. Clues are the material they are made out of and the amount of padding in the shorts/briefs. Talk to a coach before purchasing to get more info about brands, etc. (pieces range from \$36-100)
- Lace Locks or Speed Laces – this is what makes changing from bike to run shoes much faster. Look into different types.

Shopping in Town

Running Gear

- Running Wild - Highlands Ranch – 1970 E County Line Road (303) 738-9446
- Runners Roost – 3 locations
Denver – 1685 S Colorado Blvd (303) 759-8455
Aurora – 6554 S. Parker Road (303) 766-3411
Fort Collins – 902 W Drake Road (970) 224-9114
- Boulder Running Company – 2 locations
Boulder – NW corner of 28th and Pearl (303) 786-9255
Littleton – SE corner of W Bowles and Wadsworth (303) 932-6000

Bike Gear

- Bicycle Village – 4 locations
Aurora – 2802 S. Havana St (303) 750-1064
Boulder – 2100 28th St (303) 440-8525
Littleton – 9116 W. Bowles (303) 978-9699
Westminster – 7743 W 92nd Ave (303) 421-4001

Swim Gear

- Swim 'N Things – 5494 E Evans Ave (303) 757-8866
- Out of Breath Sports- Arapahoe & Broadway