



Tips of the Day

- Take the stairs – not the elevator or escalator.
- Cut out as many saturated fats as you can.
- Be the person in your group or family that is willing to run back up the stairs or to the car get what they forgot.
- Be careful not to drink too many of your calories – Gatorade, fruit juices and sodas have loads of sugar.
- Eat your wheat and grain in the least refined form you can find.
- Walk, walk, walk! Get in motion – always look for opportunities to walk.
- Keep a nice new set of goggles for your open water races. New goggles seem to be less likely to fog.
- Try wearing your goggles under your swim cap – they will be less likely to get pulled off of your head.
- Run more on your mid-foot and less on your heels.
- When possible, drop your head on the bike and count 5-10 pedal strokes before looking up again. This will make you more aerodynamic (unless you are wearing an aero helmet) and will relax your neck muscles. Be careful that you do not run off the road or that a dog or car does not pull out in front of you!
- Put your salt tablets in a small zip lock bag and tuck it in the side of your bike or tri shorts.
- Make a list of things you need for race day. Then, check the list.
- Keep your transition as simple as possible. The more things you have to pick up the more likely you are to forget one of them. Carry a fanny pack if you will need gels, salt and water.
- Put some body glide on your ankles and neck at your house or hotel room before you leave for the race site. This is a good idea even if you reapply at the site.
- If you drink coffee every morning, then drink coffee race morning. Maybe not as much, but going cold turkey is not a good idea for race day.
- Chlorine kills swim suits, and wet suits. Make sure to rinse them after each time in the pool.