

Swim Equipment

- Green Team
 - Competitive swimsuit, swim goggles, swim cap
 - Kickboard
 - Fins
- Gold & Senior Team
 - Pull buoy
 - Paddles
 - Snorkel
 - Stretch Cords
 - Wetsuit (if doing elite cup races)



Bike Equipment



- Green Team
 - Working fitted road/mountain bike. NO TT bike. Pump tires prior to every bike practice.
 - Road bike helmet (with safety sticker). NO aero helmet with a tail.
 - Running shoes with elastic shoestrings for flat pedals.
 - Sports Sunglasses. (Safety to protect eyes)
 - Bike/tri shorts or tight-fitting shorts (no loose-fitting shorts during bike practice)
- Gold & Senior Team
 - Bike tool bag carried on bike: Tubes, CO2 and tools
 - Outdoor riding on streets requires:
 - RoadID, White light on front of bike, and Red flashing light on the rear of bike.
 - Bike computer: Speed & Cadence Monitor (Optional)
 - Cycling shoes with clipless bike pedals (Optional)

Run Equipment

- Green Team
 - Athletic shoes (prefer a pair for running, not general wear).
 - Running clothes appropriate for weather.
 - Race belt
 - Elastic laces
- Gold & Senior Team
 - Resistance Bands
 - Sports watch with GPS (Optional)
- Every session
 - Water bottle
 - Yoga mat

