

Speed Theory Ironman Canada Checklist



For anyone heading to Penticton for the upcoming Ironman Canada on August 29th, here is a helpful list of (often forgotten) items that you will need before, during, and after the race.

Pre-Race

- Book in your bike for a final pre-race tune-up
- Check the your tires for wear. Nicks and cut may mean that it would be smart to replace them before the big race
- Plan to attend Speed Theory's "Helpful Ironman Hints from the Pros" hosted by Kyle Marcotte on Thursday, August 17th from 7:00pm to 8:30pm Speed Theory
- Travelling with you bike? Make sure you bring all the tools you need to assemble, clean, and disassemble your bike
- Stay well hydrated and well rested.

During the Race

Setup/Transitions

- Headlamp (in case it is dark in the morning)
- Floor pump with psi gauge
- Corn starch powder/baby powder for bike and run shoes

Swim

- Tri top and bottom or a tri suit
- Wetsuit
- Goggles and backup goggles just in case
- Antifog for goggles
- Bodyglide
- Plastic bag to aid putting on wetsuit (helps feet and hands slide more easily through neoprene)
- Swim cap
- Garmin/hearttrate monitor – working and ready to go (don't forget the battery recharger)

Bike

- Bike
- Helmet (an aero helmet will shave minutes of your bike time)
- Race wheels
- Bike shoes
- Water bottles
- Repair kit (should include CO2 cartridge, extra tubes, valve extenders, tire levers, etc.)
- Inflation – either CO2 cartridges or a frame pump

- Water bottles/nutrition – filled and ready to go
- Comfortable sunglasses

Run

- Running shoes
- Yankes/elastic laces
- Race number belt
- More nutrition
- Running visor/hat
- Socks (if you wear them)

After the Race

- Recovery drink (your body will thank you the day after)
- Did anyone say massage?
- Thank a volunteer
- Enjoy your accomplishment by relaxing in the Okanagan. You've earned it!

Good luck and good racing, from the Speed Theory team!