

RUNNING

CHECKLIST

FLEET FEET
Sports[®]

TRAINING:

- Properly Fitted Shoes
- Socks
- Insoles
- Sports Bra
- Technical Shirts
- Technical Shorts
- GPS Watch/Fitness Tracker
- Sunglasses
- Nutrition
- Hydration System
- Hat/Visor
- Gloves/Arm Warmers
- Body Glide

RACING:

- Gear Check Bag
- Warm-Up/Post-Race Clothes
- Compression Apparel/Socks
- Recovery Shoes
- Recovery Food & Drink
- Race # Belt
- Race Nutrition
- Race Shoes

We're here to help.
Ask one of our **FIT experts**
about these important race
day items and more.

When participating in a race, double check directions to the start line and race time, and plan a spot to meet up with your supporters. This is also a good time to secure your race number and timing chip so you are ready to go.

ELMHURST: 124 Schiller St. • Elmhurst, IL 60126 • 630.559.3338

LINCOLN SQUARE: 4762 N Lincoln Ave. • Chicago, IL 60625 • 773.271.3338

OAK PARK: 102 N Marion St. • Oak Park, IL 60301 • 708.383.3338

OLD TOWN: 1620 N Wells St. • Chicago, IL 60614 • 312.587.3338

LAKEVIEW: 3359 N Southport Ave. • Chicago, IL 60657 • 773.281.3338

SOUTH LOOP: 150 W Roosevelt Rd. • Chicago, IL 60605 • 312.788.3338

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TRIATHLON



CHECKLIST

SWIM:

- Tri-Short/Jersey or Tri Racesuit
- Sports Bra
- Wetsuit
- Goggles
- Swimcap
- Chip Strap
- GPS Watch/Fitness Tracker

RUN:

- Running Shoes
- Hat or Visor
- Nutrition
- Race # Belt
- Hydration Belt/Bottle

POST RACE:

- Bag with Wet Storage
- Compression & Recovery Sandals
- Recovery Food & Drink

BIKE:

- Bike
- Bike Shoes
- Socks
- Bike Gloves
- Helmet
- Sunglasses
- Water Bottles
- Nutrition
- Spare Inner Tube
- Spare CO2 Cartridges

TRANSITION:

- Towel
- Water Bottle
- Body Glide
- Lip Balm
- Sunscreen

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