

Triathlon Checklist

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

Swim:

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

Run:

- Running Shoes
- Hat or Visor
- Nutrition
- Race Belt/Number
- 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

Old Town

1620 N. Wells St.
Chicago, IL 60614
(312) 587-3338

South Loop

150 W. Roosevelt Rd.
Chicago, IL 60605
(312) 788-3338

Lincoln Square

4762 N. Lincoln Ave
Chicago, IL 60625
(773) 271-3338

Elmhurst

124 Schiller St.
Elmhurst, IL 60126
(630) 559-3338

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