

It's my first triathlon, WHAT DO I WEAR?

In a triathlon, you want to be comfortable, stay cool, and wear the same base outfit during the entire race to minimize the time spent in transition—the change from one sport to the next. Here are some of the most common choices for men and women. **DON'T FORGET TO TRY OUT YOUR OUTFIT BEFORE RACE DAY!!**

FOR MEN:

Men can wear their usual swim trunks throughout the race and put on a shirt after the swim (or not). Other options include tri shorts (swim trunks with a very thin bike chamois/pad that dries quickly after the swim), a singlet (tight tank that you can wear in the water), a trisuit (one-piece suit with a thin bike pad).

Swim trunks/tri shorts



moisture-wicking shirt



singlet



trisuit



Pictures from www.SwimOutlet.com and www.SierraTradingPost.com.

FOR WOMEN:

Women can wear a swimsuit throughout the race and add running shorts and/or a shirt after the swim. Women also can wear tri shorts (shorts with a very thin bike chamois/pad that can be worn in the water and dries quickly) on top of their swimsuit and wear that throughout the race. Other options include tri shorts with a singlet (tight tank that you can wear in the water), a trisuit (one-piece suit with a thin bike chamois), or tri shorts with a sports bra that can be worn in the water or the top part of a two-piece competition swimsuit. Some women also wear a sports bra underneath their swimsuit, trisuit, or singlet to be comfortable on the run.

Swimsuit



tri shorts



trisuit



singlet



running shorts



sports bra



Pictures from www.SwimOutlet.com and www.SierraTradingPost.com.

Other things to consider: helmet (required), goggles, running shoes, bike shoes, socks, hat or visor, race belt (attach your race number to this belt and snap it on after the swim), sunglasses, body glide (reduces chafing).

In El Paso, **Crazy Cat Cyclery – Airport** (6625 Montana), **Up and Running** (3233 N. Mesa, Suite 205) and **Cycling Journey** (6762 Edgemere) carry triathlon apparel.