

transition advice



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Jun 22, 2009

I'll be participating in my first sprint triathlon in the fall. Can you tell me what goes on at the swim/bike transition area? Specifically changing into bike/run gear. Or do you bike in your swim gear and change at the run transition area? Thanks



[Vincent Gemayel](#) 6 posts since

Jun 24, 2009 1. **Re: transition advice** Jun 24, 2009 2:54 PM

I am in the process of putting up another post on my blog that will encompass everything you should expect and have with you for your transitions. It will cover any and every question that you could have about Transitions: The Fourth Discipline. Check within the next day or two and I will have it up. Although if this is your first sprint triathlon you **NEED** to be prepare for your mass open water start. As this is something that most of us have never experienced before, it is not the same as pool swimming and/or swimming open water alone. I highly recommend that you read that article. Look me up at [Trys4Dummies](#)