The transitions were a part of the triathlon that I agonized over during training. Despite my anxiety over transitions the most I did to prepare was to go for a short run after half a dozen or so bike rides. I also talked to every person I know who'd done a triathlon to get their advice and my husband and I watched an ING triathlon on TV one day and I got to see how the pros do their transitions. Needless to say I was floored when I saw that they did not dry off after the swim,
didn’t wear socks, and seemed to be in and out of the transition area in a matter of seconds. The only other real “pr The swim to bike transition is unique because an athlete goes from the horizontal position in swimming to the vertical position in standing—and then has to run! This can be dizzying, especially if exertion was high. Understanding that this slight disorientation will pass, and figuring out how you can work through it will come from doing it in practice. Make sure you are aware of how to hang your bicycle properly. A USAT official is often walking around and can help. Bring a small, bright towel to mark your spot and then look around and make note of what landmarks you can spot from the swim transition entry point that will lead you to your bike. If the race requires you to store your transition items in a bag, mark your bag with permanent marker and obnoxiously bright duct tape.