

TRIATHLON: GO UP A GEAR

With the Corporate Tri Series sponsored by Fitness First underway, here's a guide to the gear you need if you're a beginner or a pro! **By Toni Krasicki.**

With more people getting on the triathlon bandwagon, it's understandably easy to feel overwhelmed by the cost and sheer amount of triathlon-specific gear on the market. But despite the space age gear adopted by some competitors at triathlon races, you don't need to break the bank to be competitive. In fact, for the three disciplines – swim, bike and run – you may already have most of the gear you need lying around the house. For instance, you really don't need a shiny \$10 000 carbon fibre triathlon bike, any good roadie will do. The same goes with clothes: buying a \$200 tri suit probably won't confer that many advantages over your current training gear, especially if you're just starting out.

Still, if you want some shiny new kit and want to look the part, we've come up with some cool ideas to whet your appetite, no matter what your budget. We have a list of gear for beginners – which is affordable but won't make you look like a noob – and another that a professional would find quite desirable, but isn't so extreme that it would make you look like a tool.

First up, there are some necessary essentials, whether you're in the beginner or professional camps:

Towel

Choose one that stands out and is easily recognisable, as it will help locate your bike amid the chaos after the swim. It'll also come in handy to wipe excess water off your feet, hands and everywhere else.

Water Bottle

After the swim you'll need to rehydrate for the bike leg, so clip a lightweight plastic water bottle to your bike so it's ready to go. No doubt you'll need to rinse your mouth out after the swim, especially if you've swum in salt water.

Anti-Chafe Balm

This is a must to protect any part of your body against friction caused by rubbing of footwear, clothing and skin on skin. One we recommend is BodyGlide, which acts as an invisible barrier without clogging pores or trapping perspiration, so slap it on wherever you need it.

\$24 bodyglide.com.au

Photography by Peter Suchecki

**MAIN
WEAPON**

Bike: Orbea Ordu Range

If you're a beginner, a good road racing bike will comfortably get you through the triathlon's bike leg. But a tri bike is engineered specifically for a triathlon, with a higher seat tube angle that forces you into a more aero position that's perfect for fast, flat riding. Spanish brand Orbea makes some of the best tri bikes worldwide. US triathlete Andrew Starycovicz broke the record for the fastest Ironman bike split ever on an Orbea Ordu, while our own Courtney Atkinson has won gold riding one. Available in four sizes, all bikes share the same Orbea Gold Carbon Fiber frame and use technology that helps dissipate vibrations from the road surface. Each bike is tuned to an individual rider's size and body mass. The price, quality and performance of your Ordu depends on the components you select.

From \$6 099 for the ORDU M30 (pictured) to \$15 299 for the top of the range ORDU M-LTD
www.orbea.com

BEGINNER BASICS



01 Saucony Type 6 Running Shoes

These popular lightweight neutral shoes have a premium sock liner that minimises rubbing that can cause hot spots and blisters. The water drainage ports ensure you don't get waterlogged during a surprise downpour. **\$159.95 saucony.com.au**

02 ASICS Elastic Lace and Stopper

Elastic shoelaces allow running shoes to be quickly fastened and can shave precious seconds off your time. They feature a unique stopper to prevent them falling out. **\$10 asics.com.au**

03 Brooks Women's Race Day Singlet

For the ladies, an ultra-light Race Day Singlet with a racerback design for better range of motion. **\$50 brooksrunning.com.au**

04 2XU Femme Tri Top

Designed for optimal support with good ventilation and made with moisture wicking fabric that will ensure dryness and comfort. **\$80 2xu.com.au**

05 Brooks Men's Infiniti Singlet

Perfect for covering up on the bike and run, this lightweight shirt comes packed with the technical features you need to prevent chafing, keep odour at bay and move sweat out away from the skin. **\$50 brooksrunning.com.au**

06 2XU Men's/Women's Active Tri Short

Fast in the water and quick dry on land, these shorts not only provide supreme moisture management for the bike and run, but have a handy silicone leg gripper that acts like a set of steel jaws, ensuring that shorts stay fixed

where they need to be. The powerful elastane fabric also moulds the shorts to the body and supports your muscles to push them that extra mile. **\$95 2xu.com.au**

07 Eyeline Stellar Swim Goggles

Designed with open-water swimming in mind, this range features wide-angle high definition lenses as well as all-important UV protection. **\$26 eyeline.com.au**

08 Shimano TR-32 Bike Shoes

Specifically designed for triathlons, the TR-32 is a good value unisex bike shoe. The quick-dry interior is comfortable (since you won't be wearing socks) and the reversed strap closure and heel strap is ideal for easy access in and out of the shoe, which means fast transitions. **\$149.95 shimano.com.au**

LIKE A PRO

01 Orca 226 Swim Goggles

Providing maximum peripheral vision so you can see your opponents, the curved polycarbonate blue-tinted lenses provide glare protection and feature a new generation anti-fog treatment for clear vision. The wider fit nosepiece delivers a comfortable fit. **\$35 orca.com.au**

02 SCODY Triathlon Suits

These superlight tri suits keep you comfortable in all three disciplines. The fabric is engineered to reduce drag on the swim lap, and the Drytec finish repels water so there's no lugging bucketfuls when transitioning to the bike. The minimised interior seams prevent chafing. **Women's Diamond OPTIMISE Lightspeed \$199.95 scody.com.au**
Men's Bermuda OPTIMISE Lightspeed \$224.99 scody.com.au

03 ORCA Speed Laces

Quick and easy to fit so you can slip and secure your shoes with lightning speed. The strong bungee-cord style woven laces will remain secure and comfortable. **\$11.95 orca.com.au**

04 ASICS GEL Noosa Tri 9

The latest in the Noosa Tri Series, you'll be hard to miss in these neon-coloured lightweight shoes. Stable and cushioned, the dual GEL unit dampens any impact and the open mesh is great for airflow and speedy drying. The addition of the grip tabs on the heel and tongue are a bonus in allowing a quick entry into the shoe when the clock's ticking. **\$200 asics.com.au**

05 Northwave Extreme Tri Shoe

This high performance shoe combines comfort and a "burrito" style closure system that supports speedy transitions with a hook-and-loop mechanism. The Ultralight Carbon design provides maximum rigidity, which is great for generating the greatest power transfer with a minimal loss of energy. There's plenty of ventilation and the seamless design eliminates abrasions against the skin. **\$299.95 northwave.com**

06 Orbea Odin Helmet

Used by professional triathletes, this top-end helmet is the ultimate in lightweight protection so it won't slow you down. It offers comfort and supreme ventilation to stop you from overheating when things start heating up in the ride. **\$299.95 orbea.com**

07 For beginners and pros:

Towel, water bottle and anti-chafe balm.
Available at most sports stores

