








Equipment (and specs)	Required?	Where/How to Get?	Cost
<p><b>Road or Triathlon Bike</b></p> <ul style="list-style-type: none"> <li>• <u>NOT</u> hybrid or mountain bike</li> <li>• &lt; 25lbs, &lt; 10yrs old</li> <li>• 700c wheels and Road/slick tires</li> <li>• Brakes, shifters, wheels all work as intended with minimal friction</li> <li>• Tires have sufficient tread wear and no tears, cuts, or bulges</li> </ul> 	<p><b>Yes</b></p> <p>A good quality road bike is 50+% more efficient vs a mountain bike on flat pavement</p>	<p>The club will do its best to get every student set up properly. Just ask for help!</p> <p>StXavierTriathlon@StXavier.org</p> <p>"Cincinnati Bike Market" on Facebook (don't have to be FB user) &amp; eBay are great sources for used bikes</p>	<p>New entry-level bikes start at \$1000-1500, but vary greatly based on quality, weight and style</p> <p>We know this is a lot of money for a student just getting started, so keep in mind some options:</p> <ul style="list-style-type: none"> <li>• Borrow: The club owns or is connected to bikes for loan to help those unsure of what to look for.</li> <li>• Used: Decent used bikes are often available for 50% or less of new price (but require more work to ensure fit).</li> <li>• Fall is the best season to get a bike – when new models come out and experienced bikers are trading up</li> </ul>
<p><b>Road Bike Pedals, shoes, cleats:</b> "Clipless" pedals create a much more powerful connection between the foot and bike, and thus much greater efficiency vs traditional pedals and toe clips</p> 	<p><b>Yes</b> – this is the great way to gain speed &amp; efficiency</p>	<p>The club will provide pedals/cleats. Email us.</p> <p>You need to buy bike shoes, but check with us first b/c we may have used/donated shoes.</p> <p>Can order online, but there are many options, and sizing is important. Shoes are worn with NO socks.</p> <p>Check out your local bike store to make sure you get a style and fit that works for you.</p>	<p>Pedals and cleats (come as a set) - \$40</p> <p>Shoes (need to be 3-hole compatible with Look Keo-style cleats) - \$80-100</p> <p>The club often has donated shoes to provide.</p>

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<p><b>Helmet</b> - Must fit securely with snug chin strap and be in good condition (no obvious damage, missing padding, not expired)</p>	<p><b>Yes</b> – safety</p>	<p>The Club owns 10+ aero helmets available for race-day use.</p> <p>No helmet needed for indoor training.</p>	<p>Check with the coaches before you buy a road helmet – we have had many donations.</p> <p>If you get a used/donated helmet, be aware that helmets have expiration dates and some races officials will check.</p>
<p><b>Indoor Bike Trainer</b> - Turns your bike into a workout station by holding the back wheel and providing/adjusting resistance. Fluid resistance highly preferred over “magnetic”</p> 	<p><b>Yes</b> – this is how we will do 90+% of biking workouts</p>	<p>Any bike store (in person or on-line)</p>	<p>\$200 for a basic model, sometimes on sale for \$150 or less.</p> <p>Basic fluid trainers are fine. Bluetooth/app connected “smart” trainers are even better. And much pricier.</p> <p>The club has 3-4 available to borrow but most students will want their own setup</p>
<p><b>Flat tire repair kit/bag</b></p> <p>Hangs behind the seat and contains a spare tube and essential tools (either a small pump or CO2 cartridges)</p> 	<p><b>Yes</b> – for any outdoor ride / training, you must be ready to deal with a flat tire</p>	<p>Any bike store (in person or on-line)</p> <p>If not sure what to look for, talk to one of the coaches. This is not needed until we start outdoor riding (~April)</p>	<p>\$20-30 (bag + tube)</p> <p>\$15-30 (pump or CO2 inflation)</p>

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<b>Swimming gear</b> - speed suit, goggles. Note, the club provides swim caps	<b>Yes</b>	Swimoutlet.com Dick's Sporting	Various
<b>Running shoes</b> – with proper fit and in good condition	<b>Yes</b>	Fleet Feet Running Spot Queen City Running	\$100-150
<b>Team Trisuit</b> - Ideal to race in uniform, either a 2-piece (tri shorts & tri top) or a 1-piece tri-suit. Fit is important as they are designed to be snug to reduce drag (swim and bike)	<b>Highly Recommended</b> – this is our uniform and more aerodynamic than other clothing	The club currently has 12+ trisuits available for purchase or loan on race day. Various sizes.	Approx \$150 
<b>Bike Computer (or GPS watch)</b> – a speedometer that attaches to the front of the bike	<b>Highly Recommended</b> – so you know your speed and distance during a race	Any bike store (in person or on-line)	\$25+ 
<b>Biking / tri shorts</b> – fit tight for reduced drag and friction on the seat. Often have padding in the rear (image inside out)	<b>Highly Recommended</b> - for comfort. However, running shorts and thigh-length tights ok for workouts	Any bike store (in person or on-line)	\$20-40
<b>Aero bars</b> – allow for more comfortable and aerodynamic biking position	<b>Recommended.</b> This helps with speed and also resting arms (tired from the swim)	Any bike store (in person or on-line)  The club may have some that students may borrow or test before ordering	\$50-100 



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<p data-bbox="130 175 231 198"><b>Wetsuit</b></p> 	<p data-bbox="800 175 997 198"><b>Recommended.</b></p> <p data-bbox="800 212 1052 272">More comfortable in cold water.</p> <p data-bbox="800 321 1031 418">Speed advantage (reduce drag and increase buoyancy)</p>	<p data-bbox="1094 175 1430 272">The Club owns 11+ wetsuits available for race-day use. Sizes vary.</p>	<p data-bbox="1497 175 1577 198">\$200+</p> 