

dtKids Equipment Needs

- A bag for all your gear.
- Properly fitting bike. You don't need a new bike, or a certain kind of bike for the 2014 season, you just need a bike you can safely ride that is a proper size. For 2015, you will need a bike with "junior gearing". See Chris at Bicycle Cove or Matt at Blevins Bicycle Company for more information.
- Properly fitting helmet. If you aren't sure, [here's a great video](#) you can use as a guide, or take the helmet to the bike shop for inspection.
- Properly fitting goggles. The goggles should not leak, and they should not suck your eyes out!
- Swim cap. Some of you do not like to swim with a cap, but if you have hair, I want you to have a cap. You don't have to wear it when you aren't with me, but at training, you will need it.
- Properly fitting running shoes. Please see Stephen at First Place Athletics or a shoe fitter at Fleet Feet to make sure your shoes are good to go.
- Colorful towel or transition mat.
- Water bottle