

Senses Working Overtime for Tri Success



Seeing	Hearing	Feeling	Smelling	Tasting
Your peer group	Starting horns	Pleasure	Nature	Lake water
Familiar faces	Cheers	The burn	Fear	Saltwater
Affirmation of your time	Rumble of a disc wheel	A bounce in your stride	Memories of previous tris	Unique race snacks
Fear in others	Bubbles	Commitment	Porta potties	Sports drinks
Blue water	Bike chains	Heat	Chlorine	Gels
Buoys	Blown tires	Achievement	Ammonia	Health bars
Expensive bikes	Foot steps	Water	Body order	Water
Multi-color kits	Breathing	Wind	Outdoors	Sweat
The Finishing Banner	Voices in your head	Acceleration		
Raised Arms	Support	A pain in the ass		
Crying	Encouragement	Respect		
Smiles	Feedback	In the Zone		
	Laughter	Exuberance		
Success	Success	Success	Success	Success