

SUFFERFEST

- Swallow the Beast, Savor the Beauty -



GEAR GUIDE

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SWIM/RUN®

SUBMERGE - SURFACE - SURMOUNT



Proper preparation for any race is important. Mental and physical preparation is step one. Step two is making sure you feel comfortable and confident at the start line with the right gear to support your best race.

This guide is intended to aid athletes through the process of preparing their personal gear for SwimRun. Most of the items contained in this guide can be bought locally in Vietnam and ordered online at affordable pricing through manufacturers and retailers such as www.decathlon.vn

IMPORTANT: It is easy to become overwhelmed with gear options - especially for new racers, or for athletes racing in new environments with unfamiliar conditions. Take a breath and don't panic. Overloading on too much gear is equally as concerning as not having enough. Gear is about the right choices for the right athletes. Some items are mandatory as they are critical to enjoying a fair and safe race experience, others are optional, and here's where some athletes can get carried away.

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CATEGORIES & RESPONSIBILITIES

REGULATION	PROVIDED BY	DESCRIPTION
<i>Mandatory</i>	Organizer	Supplied by the Organizer to all registered Participants and distributed in race-kits at check-in. These items must be used by all to participants.
<i>Mandatory</i>	Participant	Purchased separately by all Participants and inspected by the Organizer for approval prior to racing. These items must be with all Participants before starting.
<i>Optional</i>	Participant	These items are up to the Participants own judgement. All items must be approved by the Organizer and abide by race regulations prior to starting.

SufferFest™ equipment requirements can be found in the [Official Rules and Regulations](#) and are also available at <https://www.sufferfest.com.vn/en/general-info/>

Unlike triathlon, SwimRun racers carry all their race gear from start to finish and are not permitted to discard or collect any gear/equipment during the race. Mandatory safety requirements are enforced for safety purposes.

- MANDATORY ITEMS PROVIDED BY THE ORGANIZER -

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Swim Cap Nón Bơi	Bib Vest Áo Bib	Race Map Bản Đồ
		

- MANDATORY ITEMS PROVIDED BY THE PARTICIPANT -

SWIMRUN WETSUIT:

There are differences from the usual triathlon wetsuit to a SwimRun wetsuit. Short legs, zip up the front for easy breathing while running, extra flexible in the shoulders and back of the legs for running, extra buoyancy on the front and sides, zip pocket on the back and small pockets inside for nutrition and safety equipment and the option to cut the sleeve length.

Zone 3 suit		Head suit	
			

WETSUITS AND TRIATHLON SUITES:

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Both are acceptable within gear regulations. They come in all shapes and sizes and up to the racers to find what style works best for them. Do your research and find what keeps you confident and comfortable in and out of the water.

<u>Full body Wetsuit</u>	<u>Shorty Wetsuit</u>	<u>Tri-Suit Front Zip</u>	<u>Sleeveless Tri-Suit</u>
			

FLOATATION AIDS:

A minimum of one (1) piece of floatation aid is mandatory under race gear Regulations.

<u>Leg Float</u>	<u>Waist Floatation</u>	<u>Waist Floatation</u>	<u>Inflatable Pull Bag</u>
			

TEAM TETHER:

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Team must stay within ten (10) meters of each other at all times. Tethers can be made with a variety of materials including but not limited to; bungee cord, webbing and utility ropes. Participants can select a length of their desiring providing it doesn't allow for a greater gap than 10m between team members. The belt could have extra utility loops for hanging other gear off of while in swim or run laps.



GOGGLES:

Nothing new for goggles. Find a pair you are comfortable and happy with.



FOOTWEAR:

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There are dozens and dozens of options. Your choice of footwear is right up alongside the wetsuit in terms of importance. Many swim runners choose to swim in their shoes rather than taking them off, so you need a pair that'll drain water and dry quickly, as well as being sturdy enough to handle the often-brutal SwimRun terrain. The shoes also need to be light – the heavier the shoe, the more drag in the water.



- ADDITIONAL OPTIONAL GEAR -

HAND & FOREARM PADDLES:

Paddles are not mandatory and plenty of people may not use them but they do help compensate for additional drag and impediment created by wearing shoes during swim laps. Paddles will increase overall speed in the water but they will also increase the rate in which fatigue can set in. The larger the Paddle the more power and energy is required.



WATERPROOF SWIMMING POUCH:

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There are several options to consider. Choosing the right swim pouch will be made based on the participants volume of items that they carry with them. Make sure to purchase the right style that fits comfortably with your overall gear.



CALF GUARDS OR CROSS TRAINING SOCKS:

Great for protection when running through natural brush and forested areas. Neoprene Calf Guards also help with additional buoyancy with swimming.



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- USEFUL PREPARATION LINKS -

<https://huubdesign.com/pages/doing-your-first-swimrun-things-you-should-know>

<https://swimrunshop.com/product-category/swimrun-equipment/>

<https://www.swimrun-advice.com/swimrun-equipment.html>

<http://lessonsbadassery.com/beginners-guide-swimrun/>

<https://www.inov-8.com/blog/swimrun-tips/>

<https://zone3.com/kit-first-swimrun/>

<https://swimrunshop.com>

