

WHAT WE'RE READING...



active.com | Michael Nystrom | Fitness

[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

How to Wash Your Triathlon Gear

With three sports rolled into one, triathlon can leave you with a lot of dirty gear. When your bike is no longer white, or your heart rate monitor is covered in salt, it may be time to give them a wash.

While these items are durable enough to withstand an IRONMAN, each needs to be washed in a specific manner. It can get confusing, but don't worry-- we'll have you grime-free in no time.



Helmet



- 1 Take the helmet with you into the shower.
- 2 Use a basic shampoo to wash your hair and the helmet.
- 3 Use a toothbrush or nail brush to scrub straps and hard-to-reach places.
- 4 Let air dry.

Wetsuit



- 1 Rinse debris off with fresh, cool water after each use.
- 2 Soak in a solution of fresh water and baking soda for 15 minutes. Rinse again.
- 3 Hang inside out on a soft wetsuit hanger, or plastic hanger.
- 4 Keep out of direct sunlight.

Tips & Tricks

- **When hanging:** Fold the suit over the hanger at the waist. **DO NOT** hang by the shoulders. Flip after a few hours.

Swim Cap



- 1 Rinse cap off in fresh water, towel dry and hang up.
- 2 Apply baby powder inside to keep sides from sticking together.
- 3 Store away from anything sharp or rough.

Sunglasses

- 1 Wipe sweat and dirt off with cool water.
- 2 Clean with lens cloth or towel designed for sunglasses.
- 3 Store in protective case, lenses up.



Running Shoes



Wash sneakers in a mesh laundry bag made for delicates.

Sprinkle baking soda on the inner sole as the liner air-dries.

Uppers & Inner Soles

- 1 Use a soft brush to remove dry-dirt and other materials from the outside of the shoe.
- 2 Buff the soles with a mixture of 1 C water and 1 tsp of fragrance and dye-free laundry detergent.
- 3 Wipe down with a wet sponge.
- 4 Let air-dry.

White Soles

- 1 Use a toothbrush to scrub stains with a solution of equal parts baking soda and fragrance- and dye-free laundry detergent.
- 2 Remove the solution with a clean, wet sponge.
- 3 **OR** use a plain white cleaner on the stains.

Tips & Tricks

- **DO NOT** dry shoes with a hair dryer or by putting them in the dryer.

Stinky Shoes!

Sprinkle a powder mixture of 1/4 C baking soda, 1/4 C baking powder, and 1/4 C corn starch into your shoes before you wear them.

Add 2-5 drops of your favorite essential oil like lavender or eucalyptus if desired!

Heart Rate Strap

7 Wash after every seven uses.



- 1 Detach heart rate device and put strap in laundry bag.
- 2 Wash in cold water on delicate with regular detergent.
- 3 Hang to dry.

Tips & Tricks

- **To Hand Wash:** Detach heart rate device and run strap under faucet. Hand wash with warm water and dish soap. Hang to dry.