

PRE-RACE CHECK LIST

(Checking this list should be a part of your pre-race ritual.)

- o cycling shoes
- o cycling socks
- o helmet
- o shorts
- o short sleeve jersey
- o long sleeve jersey
- o leg warmers
- o knee warmers
- o arm warmers
- o windbreaker
- o raincoat
- o short finger gloves
- o long finger gloves
- o sun block
- o full water bottles/CamelBak (fill it up at home).
- o multi-tool (Has the basic allen keys, a screw-driver, and a spoke wrench)
- o chain breaker (don't let a broken chain stop you from finishing the race)
- o spare tube and pump (race ready to fix your own flat)
- o towel (good for getting dressed/undressed discretely and cleaning up afterwards)
- o sunglasses (with multiple lenses for different conditions)
- o energy bars (a couple of spares in case the race is late, longer, or further from food than expected)
- o directions to the race (don't assume someone else has them)

Experienced local racers also recommend . . .

- o toilet paper (You would be surprised how many promoters run out.)
- o sleeveless undershirt (These can save some skin in a crash.)
- o TUMS (If you get an unsettled stomach before a race).

