



PRE-RACE CHECKLIST

- Driving Directions to Race
- Cycling Shoes
- Cycling Socks (2 pairs)
- Helmet
- Eyewear
- Shorts for Pre-Ride (don't wear your race kit, it will get smelly and dirty)
- Jersey for Pre-Ride
- Race Shorts/Bibs
- Race Jersey
- Leg Warmers
- Knee Warmers
- Arm Warmers
- Windbreaker
- Raincoat
- Gloves
- Sun Block
- Two or more full labeled water bottles (there may not be fresh water at venue)
- Multi-tool
- Chain breaker
- Spare tube and pump (or CO2) + tire irons
- Towel
- Energy Bars
- Jug of water or sprayer for bike cleaning
- Rags, lube
- Comfortable clothes for post-race
- Folding chair to collapse into after race
- Plate and cup for pit area