



Checklist

Pack & Bring:

- Cell phone
- Registration info (receipt, race/rider number, membership card)
- Racing license (USCF+?)
- Driver's license (photo ID)
- Helmet
- Shoes (biking)
- Shorts/tights/skin suit
- Jersey(s)
- Socks
- Sunglasses
- Arm warmers
- Knee warmers
- Bike computer/GPS
- Camera with charged battery
- Sandals
- Contact info for fellow riders, hotels
- Tag with emergency contact info (RoadID)
- Drinks (energy/electrolyte)
- Electrolyte tablets
- Energy bars
- Gloves (full/cut)
- Headband/Halo
- Bandana
- Ibuprofen
- Base layers
- Windbreaker/vest
- Massager (elec./Stick)
- Music/MP3 player & headphones

- Navigation (directions, car GPS, nearby restaurants)
- Tape (for TT wheels)
- Pepper spray (rural rides)
- Peppermint oil
- Pump & 90° Silca adapter (for TT wheels)
- Safety pins
- Shoe aero covers (TT)
- Sweats (top & bottom) for before & after if needed
- Tool box / other tools
- Trainer & stand (w/ spare spindle if needed)
- Bungee cords & rags (if using rack)
- _____
- _____

If you're getting a *massage* afterwards, also bring:

- Shirt
- Pants
- Underwear
- Socks
- Shoes
- Towel
- Brush
- Deodorant
- Money for massage + tip

Prior Night:

- Calculate departure time with allowance for registration & warm-up
- Check weather
- Clean bicycle
- Lubricate chain/pulleys
- Clean sunglasses
- Final carbo-loading (lots of pasta during the prior *day*)
- Review race registration & logistics for **details**
- Set biking clothes out
- Set alarm
- Set water bottles out with can of drink mix
- Go to bed early
- _____

Morning at Home:

- Warm or hot shower
- Breakfast long before the race (**moderate** breakfast for short TT!)
- Coffee or caffeine tablets
- Ibuprofen
- B-complex vitamins
- Sportlegs™ (minerals)
- Mix drinks & pack in car
- Check "basic" checklist to make sure essentials are in car
- _____

At Race Site:

- Check in with license & release form
- Remove saddle bag (for crits & road races that prohibit bags)
- Brakes not rubbing rim?
- Pump tires up
- Cover [disc wheel] valve pockets with tape
- Clothing
- Gloves
- Glasses
- Bib number attached
- Peppermint oil onto glove
- Gentle stretch off bike
- Warm-up ride (30 minutes minimum for short races, with short, rigorous wake-up bursts)
- Drink as you warm up
- Gentle stretch on bike
- _____
- _____
- _____
- _____

Race Time!

- Tighten shoes
- Lose or empty water bottle for short (20km or less) TT
- Start oxygenating—breathe deeply
- Stay close to starter (TT) or get a good spot near the start line (crit)
- Eat & drink early in long rides/races
- _____
- _____
- _____
- _____
- _____
- _____



Daily Basics

Stuff You Should Have the Brains to Remember on Your Daily Training Ride¹

1. Bike
2. Helmet
3. Emergency ID tag
4. Shoes
5. Socks
6. Gloves
7. Drinks
8. Cell phone
9. Bike computer/GPS

¹ Assumes you have at least one spare tube, pump or CO₂ cartridge, and tire iron in a bag on your bike.