

**Two days before your race have the following items packed in your equipment bag:**

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|--|--|---|---|---------------------------------------|
| <input type="checkbox"/> Your Racing License | <input type="checkbox"/> Jersey/Skinsuit | <input type="checkbox"/> Shorts         | <input type="checkbox"/> T-Shirt        | <input type="checkbox"/> Socks        |
| <input type="checkbox"/> Tights              | <input type="checkbox"/> Arm Warmers     | <input type="checkbox"/> Warm Up Jacket | <input type="checkbox"/> Shoe Covers    | <input type="checkbox"/> Raincoat     |
| <input type="checkbox"/> Gloves              | <input type="checkbox"/> Towel           | <input type="checkbox"/> Water Bottles  | <input type="checkbox"/> Race Food      | <input type="checkbox"/> Music Player |
| <input type="checkbox"/> Training Log        | <input type="checkbox"/> Race Flyer      | <input type="checkbox"/> Entry Fee      | <input type="checkbox"/> Directions/Map | <input type="checkbox"/> Rulebook     |

**After packing your equipment bag, do the following with your bike:**

- Check the brakes completely and road test to insure everything is working properly.
- Check the front and rear derailleurs, shifters, cables and road test any adjustments with all wheels to be used.
- Check the tires for cuts, bald spots, tears, bulges, debris stuck to surface and tire pressure.
- Check all wheels to be used - cogs, skewers, spokes, rims and axles. Road test any adjustments.
- Check all spare equipment to be used for race worthiness.
- Put a spare tube, tire pump, patch kit, and tire irons with the extra wheels.

**The day before your race, after the required training, pack the following items in your equipment bag:**

- |                                 |                                     |  |  |  |
|---------------------------------|-------------------------------------|--|--|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Cycling Shoes | <input type="checkbox"/> Heartrate Monitor | <input type="checkbox"/> Tools & Parts |
|---------------------------------|-------------------------------------|--|--|--|

**Pack your car:**

- |                                  |  |                                       |   |   |
|----------------------------------|--|---------------------------------------|---|---|
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Equipment Bag | <input type="checkbox"/> Spare Wheels | <input type="checkbox"/> Stationary Trainer | <input type="checkbox"/> Waterbottles/Water |
|----------------------------------|--|---------------------------------------|---|---|
- Make sure your car is fueled and ready to go.
  - If you are staying at a hotel, be sure to check in as early as possible and then drive over the course.
  - Fill two waterbottles with a sports drink and place them in the refrigerator or cooler.
  - Write down your three pre-race goals.
  - Review the details of the race - course, distance, time, teammates, opponents and weather predictions.
  - Go to bed early enough to get a good night of sleep.
  - Dream of performing at your very best.

**The day of your race:**

- Get up early enough to eat properly.
- Take the waterbottles out of the refrigerator and put them in your car along with your race goals.
- Leave early enough to arrive 2 hours before the start of your race.
- Get your race number and check the roster to determine who is in your race.
- If there is no neutral support, locate the wheel pit or support vehicle and drop off your spare wheels.
- Pin your number onto your jersey or skinsuit and re-examine the race course.
- Locate your coach and teammates and park as close to them as possible.
- Prepare your bike and set it up on your trainer by your teammates.
- Change into your race clothes and stretch completely, while drinking your sports drink.
- Do a complete warm-up that ends as close to the start time of your race as possible.
- Review your pre race goals and then go to the start with a relaxed mind and prepared body.
- Race to the best of your ability for that day and accept the results, whatever they may be.**
- Cool down properly, stretch completely and change out of your race clothes.
- Go to where ever the race results are posted and record your performance.
- Begin eating and drinking within 45 minutes of the end of your race.
- Review your pre race goals and record how successful you were in each. Go and relax.