

Pre-Race Checklist

It's Race Day and as you pull your bike off your rack, you've forgotten something! Hopefully this list will help prevent any missteps in this area.

2 days prior to Race Day to allow for issues to be corrected (up to one week if you suspect your local bike shop may need to get involved in the repair).

Bike

- Clean/Wash your bike (if needed)
- Check your shifting
- Check your brakes
- Check your hubs/wheel bearings for movement or bearing noise (check your spare wheels too)
- Spin your crank very slowly to check your bottom bracket bearings for catches or bearing noise
- Check for rust around your headset bearings and make sure your handlebars turn smoothly

Get a good night's sleep 2 nights prior to the race, since you may be waking up early the morning of the race and you may not sleep well due to pre-race stress.

The day/night before the Race (after your Race Prep Workout)

Bike

- Wipe your bike down
- Gather spare wheels
- Inspect tires for cuts for both wheels mounted on bike and spares
- Lube your chain, if needed (follow the manufacturers recommendations)
- Check your skewers to make sure they are tight

Electronics

- Cycling computer (charge the night before)
- Electronic shifting (charge the night before)
- Heart rate monitor

Clothing/Kit & Accessories

- Jersey, skinsuit (long sleeve jersey or thermal jersey and/or vest or jacket if the weather dictates)
- Shorts/bibs (tights or arm warmers, leg warmers/knee warmers if weather dictates)
- Toe covers or shoe covers if the weather dictates
- Sweatband or skull cap or (helmet liner if the weather dictates)
- Helmet cover if raining
- Socks
- Gloves
- Shoes (check the cleats on your shoes to make sure none of the screws are loose)
- Helmet (make sure your helmet is snug-Tighten those straps)
- Sunglasses
- Chamois cream
- Toilet paper

Eat a sensible meal and hydrate the night before the race

Other

- Gas up vehicle
- Spare tubes
- Tire irons
- Tools
- Floor pump
- Sunscreen
- Change of clothes
- Towel
- USAC License (photo on mobile device, in case mobile service is poor on site)
- Mobile device
- Put race venue address in GPS
- Plan wake up and departure time
- Check the weather forecast
- Self-leg massage (if possible)
- Trainer & Front wheel block

Get plenty of rest!

The morning of the Race

- Load up bike and equipment (if not night before!)
- Eat a good easily digestible breakfast and hydrate
- Hydration & Nutrition
 - Cooler
 - Water bottle(s)
 - Fill water bottles
 - Electrolyte mix or drinks
 - Snacks, bars and or gels
 - Post-Race recovery drink

Depart to **arrive 2 hours before** your race. Allow extra time for traffic in congested areas. Also allow for parking

Once you get to the Event Venue (Pre-Race)

- Find parking
- Check in with registration, get your number and double-check your start time
- Synchronize your watch and/or cycling computer based on the official time (this is extremely important for Time Trials)
- Check with race officials regarding how your number should be pinned
- Pin number on jersey
- Get spare wheels to the pit or follow car
- Prep bike and check tires pressure
 - Put your water bottle(s) in your bottle cage(s)
 - Reset and attach your cycling computer to your bike (if applicable)
- Change into your kit
- Apply sunscreen (if applicable)

- Warmup on trainer (or course); follow warmup protocol allowing 30-45 mins
- Review course if possible
 - For a Criterium do at least 1 complete lap (ideally more)
 - Study corners/hills, check for the best lines
 - Look for sand and other hazards
 - Determine the ideal/required position in the last Ks, lap(s), and final corner
 - Study/roll-out the last 1k
 - Find your “sprint point”, roll out (rehearse) your sprint gear
- Allow time for a final bathroom break
- Get to the start location EARLY (5-10 mins prior), make sure you check in with the event organizers and listen for any announcements.
- Try to start on the front line if possible !

Post-Race

- Easy 10-20 cool down ride
- Gather pit wheels
- Light stretch
- Change cloths
- Check results within protest period
- Podium photo!