



Race Checklist

Preferences obviously come into play, but consider these items and you'll be good to go.

- Bike
- Sneakers
- Race hat
- Goggles
- Race shirt & pants
- Sunglasses
- Race liquids
- Feet bucket
- Tire pump
- Towel
- USAT card
- Picture ID
- Helmet
- Headband
- HRM
- Watch
- Bodyglide
- Wetsuit
- Bike bottles
- Change of clothes
- Socks
- Race belt
- Energy gels
- Advil/Tylenol
- Tire tubes & CO₂
- Bike shoes
- X-tra contact lenses
- Great attitude!