

PRE-RACE CHECK LIST

(Checking this list should be a part of your pre-race ritual.)

- ~~NORBA racing license~~
- cycling shoes
- cycling socks
- helmet
- shorts
- short sleeve jersey
- long sleeve jersey
- leg warmers
- knee warmers
- arm warmers
- windbreaker
- raincoat
- short finger gloves
- long finger gloves
- sun block
- full water bottles/CamelBak (fill it up at home).
- multi-tool (Has the basic allen keys, a screw-driver, and a spoke wrench)
- chain breaker (don't let a broken chain stop you from finishing the race)
- spare tube and pump (race ready to fix your own flat)
- towel (good for getting dressed/undressed discretely and cleaning up afterwards)
- sunglasses (with multiple lenses for different conditions)
- energy bars (a couple of spares in case the race is late, longer, or further from food than expected)
- directions to the race (don't assume someone else has them)

Top local racer, Nick Kelez, also recommends . . .

- toilet paper (You would be surprised how many promoters run out.)
- sleeveless undershirt (These can save some skin in a crash.)
- TUMS (If you get an unsettled stomach before a race).

