STUDENT-ATHLETE PRE-RACE CHECKLIST

Checking this list the night before the event and again before departing from home should be a part of your pre-race ritual.

- League number plate
- Forms signed by parents (if needed)
- Driving directions to the race (don’t assume someone else has them)
- Cycling shoes
- Cycling socks
- Helmet
- Eyewear
- 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 discreetly and cleaning-up afterwards)
- Plastic bag to put dirty/wet clothes into for drive hom
- Sunglasses (with multiple lenses for different conditions)
- Energy bars (extra in case the race is late, longer, or further from food than expected)
- A jug of water is also great for washing after the race!