

3-7 Days Before....

- ❖ Read your race information and make a note of any special instructions e.g.
 - ☐ Is there parking and do you need to pay?
 - ☐ Can you register in advance or on the day?
 - ☐ Do you need ID and a race licence / insurance fee?
 - ☐ Do you rack the day before or on the day?
 - ☐ Anything you can / can't wear?
 - ☐ Any mandatory kit or briefings?
- ❖ Have your bike serviced or give it a check over:
 - ☐ No loose parts – wheels, spokes, saddle, headset
 - ☐ Everything in good working order – brakes, tyres, gears, cleats & pedals
 - ☐ Check bar ends are plugged
 - ☐ Emergency kit is stocked – mini pump / gas, inner tube, tyre levers, “goop”/tube sealant
- ❖ Check the weather forecast and consider clothing choices
- ❖ Check the travel times and plan your journey
- ❖ Get your kit out and check it over – wash, repair or replace as needed
- ❖ Plan your nutrition from now to race day
 - ☐ Hydrate well
 - ☐ Consider reducing high fibre if prone to tummy troubles
 - ☐ Plan dinner the night before and breakfast on race day – stick to what you know works!

The Day Before...

- ❖ Prepare your kit:
 - ☐ Layout what you want to put on in the morning
 - ☐ Pack up the rest and make your bag easily identifiable (there's a lot of black rucksacks in the Bag Drop...)
 - ☐ Affix any stickers if already registered
 - ☐ Prepare your bike transport e.g. affix rack
 - ☐ Put key items like your race licence, parking money in an easy to find pocket
 - ☐ Decide how to manage valuables
- ❖ Final weather check and travel plans (check fuel in vehicle)
- ❖ Prepare your breakfast
- ❖ Set your alarm



MIND BODY MACHINE

RACING CHECKLIST

- ☐ Tri Suit / 2 piece OR Swim Suit / Shorts / Top
- ☐ Sports Bra
- ☐ Goggles
- ☐ Swim Hat
- ☐ Wetsuit
- ☐ Towel
- ☐ Cycling Shoes
- ☐ Socks
- ☐ Gilet, Arm Warmer, Gloves, Buff, Anorak – as needed
- ☐ Helmet
- ☐ Bike
- ☐ Trainers
- ☐ Elastic Laces
- ☐ Race Belt / Pins
- ☐ Visor / Cap
- ☐ Sunglasses
- ☐ Transition Bag
- ☐ Calf Guards
- ☐ Talc
- ☐ Glide
- ☐ Sun cream
- ☐ Hair elastics
- ☐ Nutrition
- ☐ Water Bottles
- ☐ Flip Flops
- ☐ Loo roll
- ☐ Medication
- ☐ Sports Watch (& charger)
- ☐ Race Licence
- ☐ ID
- ☐ Cash
- ☐ Hole Punch (for race number)
- ☐ Sharpie (to write emergency details on race number)
- ☐ Plastic bags (for waterproofing kit / wet clothes)
- ☐ Warm clothes – before / after

When you arrive

- ☐ Get registered and sort out stickers, race number, timing chip etc
- ☐ Put your helmet on and take your stuff into transition
- ☐ Look for cues or landmarks to help you remember your location
- ☐ Make friends with your neighbours
- ☐ Check out the Bike Out/In and Run Out/In locations
- ☐ Lay your kit out in a logical order
- ☐ Apply glide / suncream as needed
- ☐ Don't zip up your wetsuit until nearly time to go – loo stops!
- ☐ Final check - including have you got nutrition, medicines etc?
- ☐ Pack away anything you don't need and put your bag in the Bag Drop area
- ☐ Breathe, admire the view and prepare to smash it!