

# Pre-Race Prep Lists

## Page One: Timelines

If you want to have a clear mind and a fresh body for your races, you need to get all the logistics squared away. Nothing saps race excitement faster than the stress of missing gear, rushing to prepare a meal, or the discovery of a flat tire.

*Here's a breakdown of the activities for the days leading up to a race.*

### Week Before

- Confirm registration for the race (earlier registration = higher call-up for those races that have call-ups)
- Print out driving instructions (many races are held in areas where your smartphone may not have coverage, and therefore, poor map navigation)
- Secure your race license
- Take bike into local bike shop for a pre-race check (or do it yourself if you're a competent mechanic)
- Check pre-race and during-race fuel supplies (goos, electrolyte, recovery, etc.)

### 3 Days Before

- Wash race kit
- Buy safety pins (or other devices, such as RACEDOTS™) for your race number
- Two Days Before
- Get bins out and pack
- Load music on mp3 player for warm-up
- Load warm-up on cycle computer (if it permits workouts)
- Buy food for post-race meal (if you're a pre-packer, otherwise, research your post-race meal location)

### 2 Days Before

- Get bins out and pack
- Load music on mp3 player for warm-up
- Prep cyclecomputer: Calibrations, special race-screens with the info you want, etc. Load warm-up on cycle computer (if it permits workouts)
- Buy food for post-race meal (if you're a pre-packer, otherwise, research your post-race meal location)

### 1 Day Before

- Get food together (breakfast, race nutrition, recovery, post-race meal)
- Determine travel time to race location. Set alarms to allow for breakfast, and departure that will get you to the venue **at least 90 minutes prior to start**
- Gas up the car if you're driving
- Load car with:
  - Bins
  - Trainer and front wheel block
  - Bike
  - Race wheels
  - Nutrition / Cooler

# Pre-Race Prep Lists

## Page Two: Packing List

Here is a suggested packing list for items you'll need pre, during, and post race. As you experience more and more races, you will want to modify this list to make it your own. The secret is to get into a pre-race habit.

*Print this out and put it up on the fridge. Modify at will!*

### Race Clothing

- Bibs
- Jersey
- Base layer
- Socks
- Race cap (if you wear something under your helmet for sweat)
- Gloves
- Shoes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Equipment

- Cyclecomputer
- Helmet
- Heart Rate Monitor Strap
- Sun block
- Chamois cream
- Trainer and front wheel block
- Water bottles
- Bike tire pump
- Bike
- Race-specific wheels (as opposed to your training wheels)
- Tools - a multi-tool works great
- Extra tubes
- Chain lube
- \_\_\_\_\_
- \_\_\_\_\_

### Extras

- Towel (small for sweat; large to use to wrap around when changing post-race)
- Post race clothes
- Recovery socks
- Underwear
- T-shirt
- Shorts
- Sweatshirt
- Sweatpants
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Nutrition

- Pre-race fuel
- During-race fuel
- Post-race recovery
- Some sort of post-race food
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Pre-Race Prep Lists

## Page Three: Day of Race

This is where all the work and all the preparation comes to a head: race day. You'll be excited and you'll have lots of adrenaline. What we want to do is make sure your energy is focused into Mindful Excitement, and not pre-race stress.

*This moment-by-moment guide should help you stay focused through your early race days.*

### Morning of...

- Wake early enough to eat a carbohydrate-rich breakfast (NOT sugar-laden and NOT too much protein)
- Decide if you're going to wear your race kit en route to the race or if you'll suit up at the race location
- Get dressed for the trip
- Cue up your GPS / smartphone with directions to the race or use your printed directions and depart at your pre-determined time

### Upon Arrival

- Once at the venue, drive the route for recon prior to registration, unless you're going to ride the route (assuming you've arrived early enough)
- Park as close to registration as possible
- Go to registration and sign in. Have your race license or other required materials ready.
- Note your race's start time. Be prepared to get to the start 10 minutes prior.
- If you didn't suit up, do so now
- Note the restroom location(s)
- If you're combining recon and warm-up, get your bike and bottles ready. Air-up your tires, and off you go.
- If you're warming up using a trainer, set up near your car. End in time to get to the start line.

### Post-Race

- Get to your car as soon as you can post-race. You have a 15 minute window for a carb / protein / glutamine recovery drink
- Get out of that sweaty race kit! Change into your dry clothes for the ride home.
- Load up the bike and your gear, and get a protein-rich recovery meal in within an hour. If you can't, be prepared with a 2nd recovery beverage or a pre-prepared snack.
- Most races have podium presentations soon after the finish. Wether or not you're on the podium, attend!
- Learn where the race results are posted to see how you fared
- As soon as you can, make note of your race experience in writing, by recording it on your phone, etc.