

Pre-Race To-Do's and Race Packing List 2025

2 WEEKS BEFORE THE RACE

- ___ Check Bike: Race-Ready condition? If not, get it into the shop
- ___ Is your bike shifting smoothly
- ___ Wheels true, tires have enough
- ___ Brakes with plenty of pad left (1/16" pad visible), and not rubbing
- ___ When was the last time you added fresh tubeless tire sealant? Should be every 3-4 months.
- ___ When was the last time you checked your chain wear?
- ___ Check your hotel, camping reservations and plan for team dinner
- ___ Check that you are registered for the race
- ___ Start thinking about rest and hydration at least 3 days before the race

BEFORE YOU LEAVE ON THURSDAY

- ___ Check Bike: Race-Ready condition?
- ___ Clean your bike
- ___ Chain clean and lubed
- ___ Check the Friday early release time from school
- ___ Download directions to the race venue, hotel and team dinner
- ___ Have cash for parking at Granite Bay, Exchequer, Stafford and Six Sigma (makes for faster entry)
- ___ Pack- don't forget the race plate and team jersey (race plates are distributed at your 1st race. You only get one for the whole season. If you lose it, go to registration and pay for a new one + tell your head coaches since your number will change)

FRIDAY PRE-RIDE

- ___ Pick up from school at the designated early release time ready to leave straight from school to make it to the venue on time (coaches will notify parents in advance what time early release is).
 - ___ Be at the team Pit Zone ready to ride at 3:00pm
 - ___ You must pre-ride with a coach and at least one other rider (unless the coach is your parent)
- NOTE: ONLY COACHES AND RIDERS WHO HAVE RACE PLATES CAN BE ON THE COURSE AND EVERYONE (including parents and siblings) MUST HAVE A HELMET ON WHEN A LEG IS OVER THE BIKE (so our team doesn't get penalized)
- ___ If you miss the Friday pre-ride, the course will be open at the crack of dawn but you will have to make arrangements with the head coaches to get another rider and coach to take you on the pre-ride
 - ___ Varsity and girls will need to get bikes checked by mechanics after the pre-ride because of early race start times
 - ___ Before leaving the venue, clean off bike and lube chain
 - ___ Take the race plate off when the bike goes on the car and put it in the glove box!!!!

FRIDAY LODGING & TEAM DINNER

- ___ **NEVER** leave bikes unattended even for a few minutes when checking into the hotel- bikes have been stolen
- ___ Team dinners are an important part of building community- it gives riders a chance to decompress with their friends and parents a chance to make new friends.

RACE MORNING

- ___ **EAT 3 hours before race time (varsity and girls will need to eat before arriving at the venue)**
- ___ **ALL** riders are required to be at the Team Pit Zone by 7am regardless of your race start time
- ___ Bikes go on team bike racks for your category ready to go through bike check by mechanics

___ Team meeting for riders and parents is at 7:15 for Falcons and 8:15 for Flyers

PACK THE FOLLOWING ON THURSDAY (TIP: label everything):

CYCLING CLOTHING

- ___ 2 Jerseys: Pre-Ride, Team Jersey for race
- ___ 2 Bike shorts/bibs
- ___ 3 Pairs of Socks: pre-ride, race, post-race
- ___ Sports bra
- ___ Arm and Leg Warmers
- ___ Windbreaker, jacket or vest
- ___ Helmet
- ___ Cycling gloves
- ___ Cycling glasses
- ___ Cycling shoes & socks

CYCLING GEAR

- ___ Race number plate (+3 zip / twist-ties) *NOTE: first race coaches will distribute at pitzone. And supply zip twist ties*
- ___ 2 Water Bottles or Camelbak for racing
- ___ 2 Water Bottles to spray off bike
- ___ Lube and rag
- ___ Small on-Bike bag containing: Multi-tool, Tube, tire lever(s), CO2 cartridge + valve, patch kit or plugs
- ___ Garmin - if applicable
- ___ Heart Rate Monitor - if applicable
- ___ Power Meter - if applicable
- ___ Electronic shifting- Check that battery is charged

PRE/POST RIDE CLOTHING & STUFF (TIP: think RAIN, COLD, HEAT)

- ___ **MESS KIT** (the team will not supply paper plates, cups or cutlery so if you want to eat don't forget it!)
- ___ Warm Jacket (to wear before/after the race)
- ___ Clean clothes for the ride home
- ___ Comfortable post-race shoes & socks
- ___ Sweatpants
- ___ Pajamas or usual night sleepwear
- ___ Hat - Beanie or Baseball
- ___ Medications, allergy meds, eye drops, inhaler, EpiPen, pain med...
- ___ Toothbrush, toiletries, retainers, hair ties, feminine products
- ___ Sunscreen, mosquito repellent, Tecnu
- ___ Plastic Bag for wet, dirty cycling clothes
- ___ Paper to stuff in wet cycling shoes
- ___ Towel for after race for yourself

OTHER POSSIBLE ITEMS

- ___ Fuel for before & during the race that your body is familiar with - Drink Mix, Gels, Blocks, Bars
- ___ Earbuds, Headphones
- ___ Needed Chargers
- ___ Extra Water
- ___ Hammock, music, cow bells for posting up on the course to cheer on teammates
- ___ Camp chair for parents (team has benches for riders in the Team Pit Zone)