

Ironman Checklist

4:30am – Wake up and Breakfast:

Oatmeal, Chia, Brown Sugar
Banana

5:00am – Check-in:

Morning Of Bag
Racing Chip and Strap
Electrical Tape for SIS

6:00am:

1 Allergy pill
1 Energy Drink - V8 Energy
Oatmeal Cookie
SIS + Water (15 minutes before)

Swim:

Cap - provided
Goggles
Wetsuit
Trishorts - Gray 2XU
Tri Top - Black 2xU
Earplugs
Bodyglide

Swim to Bike (Blue):

Small Towel
Bike jersey –

In Pockets:

- Chap stick – In Ziploc
- Gum x 10 – In Ziploc
- Antibiotic – In Ziploc
- 2 Motrin – In Ziploc
- Nut Bar
- Banana

Socks
Calf Sleeves
Arm warmers
Race Belt w/ Number
Helmet - On Bike
Bike Shoes – Put Dr. Shoals in shoes before race
Sunglasses
Water Bottle w/chia and Tailwind on bike
Oatmeal Cookie

Bike Special Needs (Orange):

PB&J

Chia + Sports Drink Mix (in Ziploc)

GU

1 Tylenol – 500mg

Socks

Face wipe

Cookies

Gold Bond - Ziploc

Bike to Run (Red):

Shoes

Hat/Clava

SIS

Face wipe

Biofreeze x 1

Nut Bar

Run Special Needs (Black):

SIS

Cookies

Face wipe

Biofreeze x 1

Chia Seeds

Drink – V8 Energy

Headlamp

Socks

Goldbond – In Ziploc

Totals:

SIS – 6

Socks – 3

Biofreeze – 2

Nut Bar – 4

Energy Drink - 2

Other:

Bike Pump

Frame Pump

Chain link repair