

The Night Before Checklist

Pack Your Bag

HEAD

- Goggles
- Sunglasses
- Extra contacts
- Helmet
- Race-provided swim cap
- Baseball cap or visor for run

BODY

- Wetsuit
- Sunscreen
- Race belt; or
- Tank top with race number already pinned to the shirt
- Body Glide
- Suit Juice (if you need it)
- Watch and/or Heart Rate Monitor
- Bike gloves (if you use them)
- Hydration belt/fanny pack/whatever!
- Ankle strap with chip

FEET

- Extra water bottle (fill in morning) for squirting off feet
- Hand towel to put stuff on and dry off feet
- Socks
- Bike shoes
- Running shoes
- THROWAWAY flip flops (to wear to the race and Swim Start if far from parking lot – Walmart or Target for \$2)

FOOD

- Set aside breakfast in ziplock bag, eat after Transition, before race start

- 2 bottles - 1 for the bike, 1 to take with you to sip on before race starts
- Diet coke – in the cooler for afterwards J

BIKE

- Extra tube for your tires (just in case)
- Bike pack with multi-use tool (again you prob won't need)

PREP CAR

- Bike pump (in car, pump up tires night before but take pump to race)
- Bike Rack (put on car night before if possible, saves time)
- Double check – do you have gas in the tank? (done this before)
- Directions to race start

PREP WHAT YOU'RE WEARING

Set aside:

- Tri shorts
- Sportsbra
- Long-sleeved or short-sleeved throwaway tee shirt for wearing b/f race, until Swim Start

DECIDE YOUR TIMING

- If Transition opens at 5 and closes at 6:30, you don't want to try to get there at 6 – too late. Shoot for earlier and plan time for traffic near the site. Early is better than late.
- Set your alarm, and a backup alarm.
- Don't be drinking gallons – up all night J

OTHER

- Charge your phone
- Batteries in camera
- G'night!

Race Morning Checklist

Think to yourself: This is MY day!!!!

- Apply Sunscreen/Deodorant/Body Glide
- Shorts/Bra/Tshirt
- Drink 8 oz water and fill up 3 bottles, tighten caps so they don't leak
- Grab that big bag with all the stuff in it.
- Bike on the car
- GREAT tunes in the player!
- GO!

When you leave transition to go to the swim start, you will need:

- Wetsuit
- Watch
- Goggles
- Breakfast bag and bottle of water
- Flip flops
- Ankle strap with your chip already on
- Swim cap

Have a great day!!!!!!