



CAROLINA
MULTISPORTS

Cycling Checklist



Race Day Checklist

- Itinerary, directions, & ID
- Bike
- Smart watch or bike computer
- Heart rate monitor
- Race kit
- Vest
- Helmet
- Race wheels
- Tire pump
- Spare tube, batteries and bolts/screws
- Tire lever
- Multitool
- CO₂ cartridge & nozzle
- Water bottles
- Sun Sleeves
- Skull cap/headband
- Cycling shoes
- Socks
- Baby powder for shoes if not wearing socks
- Gloves
- Nutrition and plan
- Chamois cream/Body Lube
- Lip balm
- Timing Chip/ankle band
- Sunscreen
- Rubber bands for triathlon
- Scissors
- Sharpie marker
- Warm clothes
- Extra fluids in case of delay
- First aid kit
- Recovery nutrition
- Change of clothes
- Headlamp
- Charger for Di2 shifters
- Written race plan (Ink it, don't think it!)



Race Day Preparation

DAY BEFORE RACE

- Prepare solutions list and plan
- Check in. Prepare transition bags for triathlon
- Set screens on smart watch or bike computer
- Tighten all bolts on bike and cycling shoes
- Deflate tires slightly if leaving bike overnight in transition area
- Stay off your feet and out of the sun
- Drive course, if possible
- Eat high carb lunch if race is over 3 hours
- Eat low fiber dinner
- Set alarm

RACE DAY TIMELINE

- Hydrate. Drink 12 oz. of water upon waking
- Go to the bathroom several times.
- Breakfast 3-4 hours before start time
- Arrive early
- Pump up tires
- Apply chamois cream and body lube
- Have fun!

