

RACE DAY CHECKLIST



NUTRITION

- Carb loading supplies
- Race morning meal
- Intra-race fuel (gels, chews, etc.)
- Hydration (electrolyte packs/tablets)
- Intra-race water carrying (hand-held bottle/vest/belt)
- Post-race recovery fuel

CLOTHING/GEAR

- Race bib + safety pins
- Watch + charger
- Race outfit (top, shorts, socks, shoes)
- Hat/Visor
- Sunglasses
- Bodyglide/Vaseline
- Chapstick
- Sunscreen
- Cold weather items: gloves, headband, arm sleeves, throwaway clothes for the start, hand warmers
- Change of clothes for post-race

RECOVERY ITEMS

- Foam Roller
- Heating Pad
- Compression sleeves

LOGISTICS

- Confirm necessary items for expo (ex: ID, QR code, race number, etc.)
- Parking on race morning
- Determine wake up time on race day