

Are You Race Day Ready?

one list to rule them all and in the frenzy bind them

| | |
|---|--|
| Race Name and Date: | |
| Nutrition Test Week: When & what did you learn? | |
| Gear Test Week: When & what did you learn? | |
| Gear Check Week: When & what did you learn? When is your bike tune-up at the LBS? | |
| Travel Plans: hotel, flight, driving? | |

- Check your transition kit.
- Plan your sleep shift.
- What are you wearing?
- Write your Race Plan.
- Write your Nutrition/Fueling Plan.
- Write the Timing Estimates.
- Print the Race Day Checklist.