



NICA

Student-Athlete Pre-Race Checklist

Checking this list the night before the event and again before departing from home should be a part of your pre-race ritual.

- o League number plate
- o Forms signed by parents (if needed)
- o Driving directions to the race (don't assume someone else has them)
- o Cycling shoes
- o Cycling socks
- o Helmet
- o Eyewear
- o Shorts
- o Short sleeve jersey
- o Long sleeve jersey
- o Leg warmers
- o Knee warmers
- o Arm warmers
- o Windbreaker
- o Raincoat
- o Short finger gloves
- o Long finger gloves
- o Sun block
- o Full water bottles/CamelBak (fill it up at home).
- o Multi-tool (has the basic allen keys, a screw-driver, and a spoke wrench)
- o Chain breaker (don't let a broken chain stop you from finishing the race)
- o Spare tube and pump (race ready to fix your own flat)
- o Towel (good for getting dressed/undressed discretely and cleaning-up afterwards)
- o Plastic bag to put dirty/wet clothes into for drive hom
- o Sunglasses (with multiple lenses for different conditions)
- o Energy bars (exta in case the race is late, longer, or further from food than expected)
- o A jug of water is also great for washing after the race!