

TLD's Pre-Ride Checklist

Minimum Requirements

- You must be riding a road bike with drop bars
- You must be riding confidently and comfortably with clip in pedals.
- You must have a helmet.

Essentials

- Front and Rear Brakes - Spin the wheels and pull your brake levers to make sure both are stopping the wheels smoothly and without any obstructions. Pay attention to how far you pull back the brake levers over time. If it's become further and further, it might mean they're too worn and time to replace your pads
- Tires - visually inspect every inch of your tire under good lighting to check for minor punchers. Make sure your tires pressure is adequate for the conditions you'll be out riding in. For rougher surfaces or wet conditions, consider a lower tire pressure to make for a safer or more comfortable ride
- Axels/Quick Releases - Do a quick visual inspection and manually by hand tighten the axels to make sure nothing comes loose during a ride
- Headset bearings - pull back the front brake lever and grab onto the handlebars and give the bike a firm shake back and forth. If there is any play or noise in the headset, they something needs to be tightened

Early Morning/Evening Rides

- Lights are a must - Make sure to have both front and rear lights charged and ready to turn on the night before
- Clear Glasses - Shaded glasses will be useless and dangerous to wear in the dark. Invest in a pair of clear lenses as when we ride paceline it's easy for dirt and debris to be kicked up into the face of the rider behind your wheel, causing a crash

Rain/Wet Rides

- TLD rides rain or shine, so you will definitely need some basic water resistant gear to stay safe and dry.
 - A light jacket/gilet that can easily be taken off and rolled up into your back pocket
 - Shoe covers to keep your feet from being soaked
 - Long bib tights to keep the legs dry and for added warmth
 - Clear glasses here as well for visibility

- Ass Saver / Mud Guards - these will protect your own back from getting covered in mud, and also the face of the person behind you. (optional but definitely a nice thing to have)
- Wet lube - check the weather report a day or two before and prepare your bike accordingly. Nothing is worse than having your dry lube washed away and having a bone dry chain that can't shift. Wet lube on the chain up to 24 hours before a wet ride will go a long way. Make sure to clean your chain first or at minimum a good wipe down before adding new lube.

Longer Rides - Nutrition and Fueling

- 1. Pre-fuel: 1-2 days leading into the event you'll want to begin filling up your muscle glycogen storages. Go for nutrient dense foods with a focus on simpler carbs with less fiber and lower fat. Reasonable sized portions, and more frequent (5-6 meals per day). The body can only digest, process, and store so much in one meal so don't stuff yourself with pasta all in one go, spread it out.
 - Fave carbs: potatoes, sweet potatoes, oatmeal, bananas, rice, pasta
- 2. Morning Event day fuel: Plan to wake up early, you'll want ideally an hour to digest your carbs so you can access the energy. You'll want to focus the stomach on easily digestible foods so we avoid protein and fibre. For ideal carbs types the current literature supports a 2:1 ratio of glucose vs fructose. In other words a balance of simple carbs (bread) and sugar (jams, fruit, honey).
 - Fave breakfasts: instant oats, cream of wheat, bread with jam, cereal
- 3. During Event - The same practice applies for #2 here. 2:1 ratio of glucose and fructose. Despite the current power bar industry direction, you don't really need protein during the riding (you need it for recovery afterwards). We want bars and gels with high carb/sugar. Caffeine is a plus. Avoid whey protein. Fuel 30-60 grams every hour. Don't wait until you're hungry, otherwise it's likely getting too late. For an all day ride, pack more than you think and don't get caught in a bonk otherwise it'll take you a long time to recover.
 - Always use electrolytes with water to ensure you're hydrating while maintaining the balance.
 - Fave fuel: Fig bars, gels (drink lots of water with them), and fuzzy peaches (any candy) for top ups
 - Fave electrolytes: hydralyte tabs, Vega sport, Skratch
- 4. Post Event Refuel - Now we add the protein here to begin the repair and recovery process. Whey protein shakes are great because they digest quickly, but for the rest of the day you want to again focus on nutrient dense meals, and refilling those glycogen storages.