

RACE PACKING AND PRE-RACE CHECK LISTS

I've talked with a lot of triathletes already this season, some new and some that have lots of races under their belts, and we realized that one of the keys to my race night prep and race day prep is something to share, and that is the importance of *lists*.

First I make a list for packing up the night before the race. I want everything ready to go, and sitting at the ready in the fridge or at the door. This serves two great purposes: 1) It is going to be early, I am going to be excited, and the last thing I want to do is have to think. 2) If I am running late or hit the snooze bar, I really want to be ready to grab and go – no panic, no thinking. I also will lay out the clothes I will wear to the race on the floor just so I don't need to fumble around in the dark in the morning.

Then on race day, as I am setting up transitions, that goes double. There's a lot going on and I get chatty and look at other bikes, map out the in and out of transition and I want everything else to require zero brainpower. Here are my lists, posted in word so you can edit, and PDF if you don't have word.

Night before packing checklist:

BIKE ITEMS

- Bike tires pumped to right pressure
- Bike helmet packed (with a number on it if you need helmet number)
- Bike sunglasses
- Water bottles
- Whatever drink you want in the water bottles
- Pump is packed in car
- Spare tubes and tire kit complete
- Numbers on bike and ready to go
- Bike shoes
- Bike jersey (you won't wear it on the way to the race)
- Shorts
- Socks

RUN GEAR

- Shoes
- Hat
- Goo
- Number Belt with Number on it

SWIM GEAR

- Wetsuit
- Swim Cap
- Goo

- Body Glide
- Goggles
- Spare pair of goggles

ACCESSORIES, OTHER ITEMS

- Sunscreen
- Advil (I need it, see pre-race list)
- Pre-race goo or banana
- Phone is charged
- Headphones for pre-race
- Watch
- Whatever I want to drink before the race
- Whatever I will drink after the race for recovery
- Compression pants for recovery
- Pen
- Knife or scissors
- Scotch tape
- Duct tape
- Pre-race check list

Transition Setup/Pre-race list (I literally bring it and check items off)

- Do I have my body numbers and timing chip on
- Look around and see where my spot is in the transition area – walk the swim and bike entry routes and find some visual cue to where you have set up (e.g. just past the big tree)
- Make a walk of how you will exit on the bike so you know the fastest route.
- Write target times on hand (We will cover this in a video)
- Sunscreen on
- Take 2 Advil
- Bike bottles full and in place
- Bike computer reset to zero
- Bike is in the gear I want to begin in
- Tires at right pressure
- Bike helmet is upside down on my aero bars
- Sunglasses inside helmet ready to go
- Tape goo to bike frame
- Bike shoes open and ready to go
- Running hat in place with number belt in it
- OR is my number belt pinned correctly on my shirt
- Shoes open and ready to go, socks laying out (I run with socks, and bike without them)
- Do a mental walk through of each transition

- Body glide on
- Wetsuit leg is covering over the timing chip (this will keep you from losing it if the swim gets physical – and you don't want it over the wetsuit or you won't be able to take it off.
- Goggles and Cap
- Then when you get to the swim area, don't forget to manage your wetsuit zipper leash however you like it.