



Health Club & Spa

Race Prep

Organize your stuff night before race
Arrive at the race 90 min before race start time
Pick up packet (double check all numbers & chip match)
WARM UP properly with a 5-10 min EZ spin, 5-10 min EZ run,
& most importantly a 5 min easy swim

STRETCH

Check list

USAT card AND Driver's License
Watch
Body Glide, wrists, neck, ankles
Water Proof Sun Block (Bull Frog or Aubrey Organics is best) Never apply above eyes
Race Chip Race organizer will give you the morning of race
Air Pump, Allan Wrench

Swim

Goggles
Cap (you'll get this at packet pick up)
Wet suit if below 78 degrees F

Bike

Bright colored Towel
Bike shoes
Socks?
Sunglasses in Helmet
Helmet on Bike bars
Water Bottles on bike
Gels if needed (over 90 minute race)
Bike number on bike
Flat tire Kit on bike
Small Chain Ring, Easy gear, Reset Odometer

Run

Sneakers (with quick ties are a must)
Race Belt with race number
Gel if needed
Fuel Belt if needed
Hat or Visor is a good idea

