

RIDER RACE CHECK LIST

- Large bag to put everything in, with your name on it
- Your phone, phone charger, and backup battery if you have one
- Bike in race-ready condition (any issues with items below **MUST** be addressed before race day)
 - Shifting smoothly
 - Brakes with plenty of pad left, and not rubbing
 - Wheels true, tires with tread
 - Chain clean and lubed
- Helmet (even for just riding around race venue... no riders on bikes allowed without one)
- MTB Shoes
- MTB Gloves
- Biking sunglasses (w/extra lenses if available)
- NorCal Race plate (they have timing chips in them, so keep them in a safe place when not racing)
- GPS
- Tool Bag for Bike
 - Multi-tool
 - Tube
 - Tire levers
 - Duct tape
 - CO2 cartridge **AND** small pump
 - Lubricant
 - Zip ties
 - Scissors

- Floor pump
- Bike cleaning supplies

- Race fuel (Gu/Chomps, etc. The team has some, but you should have your own)
- Race food (bring the food that you train with)

PRE RIDE KIT

- Jersey
- Bike shorts/bibs
- Socks
- (Girls) Sports bra
- Water bottle (full)

RACE DAY KIT

- ECHS Team Jersey
- ECHS Bike Shorts/bibs
- Socks
- (Girls) Sports bra

OTHER STUFF YOU'LL NEED

- Arm and leg warmers
- Windbreaker jacket
- Extra socks
- Warm jacket (to wear before the race)
- Hat (with brim if hot, beanie if cold)
- Gloves (it is cold in the morning)

RIDER RACE CHECK LIST

AFTER RACE CLOTHES

- Shorts and/or pants
- Shirt (preferably ECHS MTB T-shirt to show our support for the team!)
- Underwear, extra socks (Girls: Bra)
- Flip flops and/or tennis shoes or slippers

PERSONAL STUFF

- Tecnu for poison oak
- Body wipes (race venues don't have running water, generally)
- Sunscreen
- Deodorant
- Soap/Shampoo
- Towel for you
- Towel for your bike
- Pajamas
- Toothbrush/toothpaste
- Earbuds/headphones (if you want music while you warm up)
- Plastic bag for wet, dirty cycling clothes

KNOW WHO YOUR RIDE IS AND CHECK IN WITH THEM THE DAY BEFORE THE PRE-RIDE

- ✓ Confirm where you will meet your driver
- ✓ Be respectful of their vehicle. Do not leave garbage behind
- ✓ Bring \$5-10 for gas and offer it to your driver (they may or may not accept it, but it is always nice to offer)
- ✓ Have a towel to put down on the seat so you do not get the vehicle dirty