



ARNIE BAKER CYCLING

## Check Lists

# Race Prep & Reservations

Here are checklists of race-related items to review before and after races.



**CYCLE  
HANDOUT**

### Weeks Before

- Pre-enter race.
- Make hotel and other travel reservations.
- Find out about course—demands, type of finish.
- Race plan for self and teammates.

### Day Before

- Prepare equipment.
- Review equipment checklist.
- Review directions for getting to the race.
- Ride the course. It really helps to know the terrain—even a flat time trial course.
- Carb dinner the night before.  
800 to 1,600 calories.  
Not a good time to try to lose weight.

### Race Day

#### *Before Race*

- Get up in time for breakfast and to get the race in good time.
- Breakfast  
600 to 1,200 calories. 2 to 3 grams carbs per kilogram body weight.
- Review equipment checklist.  
Sunscreen and sunglasses (easy to forget if you leave for the race in the dark or the cold).  
Cooler with food and drink. For pre-race, race, and post-race.
  - Pre-race coffee-if you do caffeine.
  - For most TTs and lower-category crits you don't need to carry food or drink.
  - For road races, plenty of water bottles with your name and lap number on the bottle.
  - For a long road race you might want more than 6 bottles.
  - For a long road race you might want maltodextrin early and coke later.

- Real food: Sandwiches, pretzels, muffins, cookies.

Plastic jug cooler, with iced carb drink for post-race.

- Ensure that you know the course and where the start and finish lines are. And number of laps.

- Helper—if possible—to hand up drink and food for road races.

Make sure that your helper knows how to hand up.

They can also hold stuff, cheer you on, give you time splits, commiserate later on.

- Warm-up. Allow sufficient time. A stationary trainer allows a precise, controlled warm-up.

For most crits and TTs, warm up at least an hour.

The only road races that do not require a warm-up are the ones that start with a flat miles.

#### *After Race*

- Cool down.
- Get out of sweaty clothes.
- Drink and eat.
- Check the results if you think you have placed.
- Speak kindly to your fellow racers.
- Thank some officials or organizers.
- Get off your feet—especially if you are going to train the next day.
- If you are going to race the next day—go home or back to your motel.
- Back home, make a note of how the race went, what went well and what did not, what gears you used, and the key tactical points of the race. Log your results.

*Continued*



ABC Handout

<b>Race Name</b>			
<b>Date</b>			
<b>Class</b>			
<b>Start Time</b>			
<b>Promoter</b>		Telephone	
<b>Entry In?</b>		Confirmed?	
<b>Teammates</b>			
<b>Support</b>			
	<b>Motel</b>	<b>Airline</b>	<b>Car</b>
<b>Name</b>			
<b>Telephone</b>			
<b>Address</b>			
<b>Reserved Dates</b>			
<b>Confirmed?</b>			
<b>Cost</b>			
<b>Nonsmoking?</b>			
<b>Downstairs?</b>			
<b>Notes</b>			

**Short Packing List**

- |                          |              |                      |
|--------------------------|--------------|----------------------|
| Bike                     | Jersey       | Race time/directions |
| Extra wheels             | Shorts       | Watch/computer       |
| Tools                    | Socks        | HR monitor strap     |
| Stationary trainer       | Warm clothes | Toiletries           |
| Pump                     | Food         | Wallet/money         |
| H <sub>2</sub> O bottles | Sun Block    | License              |
| Helmet                   | Sunglasses   | First Aid Kit        |
| Gloves                   | Rulebook     | Alarm Clock          |
| Cycling shoes            |              |                      |