

## Monrovia TT Checklist

| Pre Race   | Race Bag                             |
|--|--------------------------------------|
| <input type="checkbox"/> Clean and lube bike                   | <input type="checkbox"/> Skinsuit    |
| <input type="checkbox"/> Pump                                  | <input type="checkbox"/> Extra kit   |
| <input type="checkbox"/> Trainer                               | <input type="checkbox"/> Shoes x2    |
| <input type="checkbox"/> Put trainer skewer in road bike wheel | <input type="checkbox"/> Helmet x2   |
| <input type="checkbox"/> Charge garmin                         | <input type="checkbox"/> HR strap    |
| <input type="checkbox"/> Charge bike                           | <input type="checkbox"/> Embrocation |
| <input type="checkbox"/> Race food (r-bar, fruit, make rice)   | <input type="checkbox"/> Gloves      |
| <input type="checkbox"/> Race drinks (cooler with bottles)     | <input type="checkbox"/> Shoe covers |
| <input type="checkbox"/> Yoga mat                              | <input type="checkbox"/> Towels      |
|  | <input type="checkbox"/> Sport Kilt  |

### Race Day Schedule

4:45 am wake up

5:00 eat (oatmeal and fruit)

5:15 on road (45min drive)

6:00 Core and stretching (in trailer)

6:15 Set up bike trainer and Kit up

**6:30-7:15** 45min warm up routine

6:45 Registration opens (Chris in line)

7:15 Pin number

7:25 Last piss

7:30 Lineup & Rider Meeting

7:35 RACE STARTS!