

You should have goals for every race or training ride that you do. Write down the three goals covering things that you would like to achieve or learn today:

Goal 1	Goal 2	Goal 3

### To Bring

- Bike
- Helmet
- Shoes
- Socks
- Gloves
- Sunglasses
- Racing License
- Jersey
- Bibshorts/Shorts
- Winter/rain clothes
- Bottles
- Training/Race food
- Electrolyte Drink
- Water
- Spare wheels
- Computer
- Heart Rate Strap
- Track pump
- Basic Tools
- Spare tube/levers/pump
- Post race/training clothes
- Post race/training recovery drink and food

### To Do

- Eat a good balanced breakfast that will provide long lasting fuel for your training/event. Include some complex carbs, lean protein and antioxidant rich fruits.
- Follow with a balanced meal every 2-4 hours from breakfast until 2-4 hours before your event.
- Check your bike is clean and working properly
- Check your cleats are clean and not worn
- Keep hydrated leading up to your event/training
- Pre race/training check:
  - Kit on
  - Tyres pumped
  - Number pinned
  - Computer on bike
  - Full Bottles
  - All the food you need
- If racing, check the course, wind direction/speed
- Conduct your warm up
- Get in the habit of arriving early
- Consume post race/training food and drink as soon as possible
- Check your helmet is still within date and not breaking down

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***Good performance is never an accident.  
It is always the result of a commitment to excellence,  
intelligent planning, and focused effort.***