

Biking Checklist

- Bicycle
- Water bottle, preferably type that clamps to bike, water fill up at aid stations.
- Pannier bag or Fannie pack. Wearing a backpack is not safe - it will affect your balance and can make you very hot.
- Mosquito repellent
- Chemical Hand and Toe Warmers
- Toilet paper, small pack
- Pepper spray
- Whistle

Clothing -

- Helmet - REQUIRED: An ANSI/Snell or CPSC-approved helmet.
- Rain gear – recommend being able to carry it on bike
- Headband: Helps retain heat
- Riding Gloves for palm protection. Light synthetic or wool gloves
- Undershirt: Synthetic or wool is ideal.
- Outer Shirt: Bright colors are recommended so motorists can easily spot you. Wool shirt/sweater (if cool) and windbreaker.
- Pants: Bicycle shorts and long pants. Bicycle shorts are recommended because they are designed to keep you comfortable on your bike seat. You'll be more comfortable in long pants if the temperature drops below 55, especially if it is wet.
- Socks: Wool or synthetic in wet weather.
- Shoes: Bicycle shoes are recommended.

Hygiene -

- Blister care kit (Moleskin, second-skin, band-aids)
- Sunglasses, Lip balm, sunscreen, Ibuprofen/pain reliever
- Wound / sprain care kit (gloves, tape, antiseptic wipes, pre-wrap)

Strongly Recommended:

- Multi-tool or basic tool kit: Allen wrench, and a tire patch kit for repairing tubes -Tire levers - -Tire pump (recommend small pump that attaches to bike)

Day of your leg: Date and time for check in on each leg is on registration form. Be prepared at your checkpoint two (2) hours prior to anticipated arrival of incoming participants. Make your own travel arrangements to and from your checkpoint and your ending point.

Check in: Volunteers in RED shirts will be there to sign you in. Volunteer will tell you about your route and provide you with a map of the route.

Check Out: Volunteers in RED shirts will be there to sign you out. Be sure that you have checkout prior to leaving the relay checkpoint!