

RACE DAY - Checklist

Here are some things for your kid athlete to bring on race day. The transition area space is limited to the athlete and one other person if they need assistance during setup. Parents we know how proud you are of your kid athlete, but please know that the transition area is limited to only registered athletes during the race. Volunteers will be happy to help before, during and after the event.

- Goggles
- Swim cap (from race packet)
- Helmet
- Bike (with the race number attached)
- Bicycle Pump
- Sunglasses
- Socks
- Run shoes
- Cycle shoes
- Water or other hydration
- Race belt or shirt with race number attached
- Run cap or visor
- Towel
- Snack (in sealed bag)
- Change of clothes
- Sunscreen (be sure to apply sunscreen AFTER you have been body marked)