



Perfecting Your Race Process

Arrival:

You should arrive at the race site at least 1.5-2 hours before your race start. Time flies once you are at the race and there is always something to do. It is so easy to lose track of time and compromise your race prep in the process. The bigger the event, the earlier you should be on site. A few other considerations on race day:

- Bike Prep – show up with your bike already prepped for the race. Brakes, Chain Lube, Tires, Shifting, Shocks, etc. all should be dialed the night before.
- Race Numbers – Anticipate a line! At most races you will have at least a short wait to get your race number, which can easily set your schedule back. If possible, pick up and attach numbers the day before.
- Pre-Race Meal – Try to finish your main pre-race meal *at least* 2 hours before the start! Don't start with a heavy stomach. A mix of Carbs and Protein is a good bet. Some broad ranges to start with – try a few variations on training before using these for a race – experiment and find what works for you!
 - 120-150g of Carbs at least 2 hours before race/ride
 - 20g Protein
 - 5-10g of Fat
 - A good article: <https://pezcyclingnews.com/toolbox/toolbox-pre-racenutrition/>

Warm Up:

- Set an Alarm for at least 30min before the start of your race, Plan to be DONE with your warmup when the alarm goes off.
- Trainer or On the Road? Do you prefer warming up on a trainer or out on your bike? Either way, you should dedicate at least 20min to your warmup
- A good schedule might look like this:
 - 10 min easy to moderate pedaling to warm up and break a sweat
 - 1 x 3 min TEMPO pacing to get breathing a little harder, recover 2 min
 - 2 x 30s “Blow Outs” with 2 min recovery between each

- Visualization / Meditation – I always like to take just a few minutes to lay down in a cool spot, take my helmet off and just focus on breathing and visualizing the race ahead. It should be a calm and reflective time – then ****BING**** Switch into race mode and you're ready to GO!
- Call Ups: What are they and how do they work for your event? If there are no call-ups be sure you complete the warmup far enough out that you can get to the line early and get a good spot in the first row!

Race Start:

You may not win at the start, but you can certainly lose it.

Things that cost...

- Starting too far back! Do not come to the line late, commit to the front row
- Starting too hard! Yep, you can start too hard, use too much energy early and blow yourself up in the first few minutes of a race.
- Forcing your way forward – Push too hard to get to the single track/narrow trail and you might just end up on the ground. See point 1 above for how to avoid this

Instead let's focus on the things that make the start successful:

- Picking the right start gear – you want quick acceleration, but not too easy/hard a gear! You can switch gears on the start line – simply grab the front brake, lift the rear wheel by pushing forward on the bars, pedal and shift!
- Be sure your foot is in the “Power Position” – R/L foot set at about 2 O'clock!
- Are you quicker into your pedals by sitting on the saddle at the start or standing over the top tube?
- At the 10 Second Warning – 3-5 big exhales, creates a small lactic acid buffer
- GO! – Push off hard, find the pedals! 2 – 10 revolutions (maybe do a couple of practice starts to sort it out), a couple of shifts and GO!

Keep reading on the next page for a Race Bag Checklist!



Packing Your Race Bag

A quick list of things to remember for your race day bag

- Tuned Bike!!
- Helmet
- Sunglasses
- Shoes (check cleats for wear and tighten screws)
- Bike Computer – Freshly charged
- HR monitor
- At least 3 water bottles filled with water or hydration of choice (before, during, after)
- Gloves: Light and Warmer
- Bike tools for racing (At minimum: Co2 and injector, multitool)
- Shorts: 2+
- Jerseys: 2+ SS / 1 LS
- Warmers - Arm/Leg/Knee
- Base layer
- Vest / Jacket
- Shoe / Toe Covers / Socks
- Rain gear
- Skullcap / Beanie / Buff
- Casual Wear: Pre and Post Race (Avout Racing gear if possible)
- Drink mix
- Energy bars, gels, shot blocks, etc.
- Chamois cream
- Cell Phone
- Headphones
- Chargers for electronics
- Spare tubes/tires/tubulars
- Bike tools for at the team tent (good to have spare chain, derailleur hanger, and brake pads that fit your bike; plus zip ties, twisty ties and safety pins)
- Rag/Towels
- Shoes / Outer gear for ALL weather
- Trash bag
- Inhaler/medications