

## Preseason Checklist

- Download TeamSnap to phone
- New to program – If possible send \$15 for a Timber Bell via Zelle (303-378-6417) or Venmo (@AvoutRacing, last 4 digits of cell are 8242), with purchase protection turned OFF.
- Verify junior can easily SHIFT and BRAKE their bike
- Clean bike
- Lube bike
- Check that tires are holding air (tubeless tires – add fresh sealant!)
- Tighten bolts, especially wheels
- Go on a ride and make sure bike is shifting and braking properly
- If needed, take bike to a mechanic to fix any of the above issues
- Check fit and condition of helmet, buying a new helmet if necessary
- Accumulate all needed gear:
  - Properly fitted helmet in good condition and less than 5 years old
  - Sunglasses and/or clear/amber glasses (some form of eye protection is required)
  - Bike gloves (preferably full finger)
  - Closed-toe shoes
  - Way to carry water (water bottle or camelbak) + snack (be sure to eat before practice)
  - Tube to fit your bike
  - Pump or 2 cartridges + inflator
  - Multi tool
  - Tire levers
  - Jacket/layers (it gets cold quickly in the evening!)
  - Bike bell (see Bells note below)
  - Needed medications (epipens, inhaler)
  - A way to carry it all – in jersey pockets, bike bag, and/or small camelbak/hip pack
- Contact me with any allergies or medical issues
- Add picture in TeamSnap roster profile
- Ken-Caryl Residents – put tag on bike for Ken-Caryl practices