

WEEK OF RACE TIMELINE & CHECKLISTS - from Craig Mavis

Wednesday

- Read NOAA weather predictions for Bachelor. Determine appropriate wax
- Wax Nordic skis
- Usual wax is :
 - 1st layer – HC28 chalk on with UF7 melted in
 - 2nd layer – yellow 31
 - Till base
 - Finish with a Non-Fluoro Race Topcoat of choice

Thursday

- Pick up race packet
- Fill car up with gas
- Silicone bottom of Nordic boots (prevents snow from caking)
- Load boat and equipment on car

Friday

- Place boat down at transition area with the following
 - Paddle
 - PFD with number pinned on
 - Water bottle loose in boat
 - Make sure number is taped on boat – use duct or shipping tape, not the stickerPin numbers on all clothes and windbreaker or over jacket (bike)
- Attach numbers on helmet and bike - shipping tape works well for this
- Give approximate times you will arrive at T3 to support person and make sure they have:
 - running shoes
 - backpack to hold any shedded clothing/equipment
 - Water or energy drink to sip before or during run
 - Make sure they have the “S” sticker for support.
- Assemble bag for someone to have for you at the finish and deliver, might include:
 - Warm long-sleeve jacket
 - Recovery drink
 - Towel
 - Dry shoes and socks

Friday Night

- Load in car
 - Bike with number
 - Bike helmet with number
 - Bike floor pump
 - Nordic skis
 - Nordic poles
 - Alpine Skis and Poles or Snowboard
 - Nordic and alpine boots
 - Shoes for bike leg (bike shoes or running shoes)
 - Sunglasses
 - 2 kinds of bike gloves (pending weather)
 - Extra clothes...it's always colder at Bachelor

- Watch or Garmin
- Extra socks
- Arm warmers
- Wind breaker or long sleeve bike jersey
- Electrical tape for taping gu on bike
- At least 2 gus
- Ski pass
- Transponder
- Ben Gay with cloth

Saturday

- Get up by 5:30am
- Eat a big breakfast and continue to hydrate
- Take a hot shower
- Stretch in living room while still warm from the shower
- Mix energy drinks:
 - Pre-hydrate bottle (from leaving house to top)
 - Bottle for filling bike aero-bottle
- Write down expected transition times on bike frame and arms
- Put lift pass in pocket that seals
- Put extra clothes in car for after race and up top if cold. Take "Down" jacket to top parking lot while waiting .
- Check tire pressure on bike (100 psi is optimal for the change in atmospheric pressure in bike leg)
- Meet/pickup your support person at 7:10am.
- Leave town no later than 7:15am for ride to top
- Practice window for alpine run is from 8:00am-8:45am
- Put Water bottle on bike and tape Gu's or shot blocks on frame
- Check bike in to transition area (safety check) - support person can do this for you or show your support person where it is.
- Rub Ben Gay on quads, calves and ham strings
- Know what time, chute, and wave number you have and make sure your support person knows it as well. Go over where they will be exactly in the chute.
- Take lift to the top. Take a Gu ½ hour prior to race start, maybe with a "throw away" water.