

## Checklist for 2007 Nationals in Bromont, Quebec

Here is a list checklist of items to help you prepare for the trip to the Nationals in Bromont. As you would like to perform like a professional bike rider, it is important to be prepared like a professional bike rider.

### Equipment

- Good race wheels (two pair if you have them) all ready to go with tires glued and inspected for flaws and abrasions.
- One pair of extra tires which can be glued on overnight if you puncture.
- Tubular glue.
- Tools to adjust your saddles, handlebars, remove chainrings and install wheels.
- All chainrings, sprockets.
- Rollers or turbo if you have them.
- Road bike (Bromont has some great areas nearby that make ideal warm up conditions between races when you can't get on the track).

### Clothing and Other Items

Be prepared for any weather. Last year was very warm, but it might be cool this time. Don't forget that at track meets it is always important to keep you muscles warm. Even if you feel a little hot this is better than a little cold.

- Shoes (don't forget these! Pack them first).
- Helmets.
- Race license.
- Leg and arm warmers.
- Light jacket.
- Under garments to be worn under your racing jerseys; bring 3-4 changes.
- Sandals or flip flops for between races and walking around.
- Small towel to dry off after warm ups and races (I saw too many riders using skinsuits and jerseys at Provincials for this).
- Hat for sun protection between races.
- Light pair of casual shorts to wear when you have long waiting times between races – **don't** sit around in a sweaty chamois.
- Any creams or gels that you might use for heat rashes.
- Small bottle of Dettol antiseptic (great for cleaning burns).
- Sunscreen.

### Food

Here is a small list as there will be plenty of food at the accommodations.

- Any vitamin supplements, protein powder, and energy bars and drinks that you have already tried and found to agree with your system.
- Oatmeal. I like this because it comes prepackaged, sealed, and can be made into an instant meal with only some water and a little sugar or honey. Oatmeal is great when you need some food but only have an hour before you race again. Keep two packs in your race bag.