

Raceday Checklist

- **Timing Chip**
- **Race Bib/Number**
- **Race Belt**
- **Jersey/Singlet**
- **Shorts**
- **Wetsuit**
- **Goggles**
- **Swim Cap**
- **Anti-Chafe Balm**
- **Sunblock**
- **Bike**
- **Helmet**
- **Sunglasses**
- **Nutrition**
- **Hydration**
- **Shoes (Bike & Run)**
- **Bike Pump**
- **Toilet Paper**
- **Transition Mat/Towel**
- **Hat/Visor**
- **Watch/HR Monitor**
- **USAT Card**



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Raceday Stretches

Hip & Groin Drives



Hip: With back foot straight, reach arms overhead as you drive your hips forward. Then reach right and left as you drive your hips forward.

Groin: Turn back foot out to 90° and repeat reaches/drives in all three directions - x10 ea. direction, ea. leg

IT Band Drives



Step right foot in front of the left and reach both hands overhead to the right. Keep your toes forward and feet flat - x10 ea. side

Hamstring Drives



With front leg straight, reach middle, right, and left - x5 ea. way, ea. leg

Shoulder Pendulum Swings



Squat, then reach arm up and back - x10 ea. arm

Calf Stretch



Place one foot over the other and rock side-to-side - x10 ea. way



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