

PARTICIPANTS RACE DAY REMINDERS

- **Timing chip and strap**
- **Swim cap**
- **Bike helmet with your assigned race number affixed to the front**
- **Race number pinned to Running shirt**
- **Small backpack marked with your Race number**
- **Small towel**
- **Footwear**
- **Fix-a-flat kit and bike pump**
- **Sunglasses**
- **Snacks**
- **Bottled water**
- **Hat**
- **Sunscreen**
- **Cell phone** (it is advisable to program your phone with your name and phone number in the event it is misplaced)
- **A plan to meet up with your friends and family** – we recommend the tried and true Call or Text at conclusion of Race

***WE'LL BE CHEERING FOR YOU AS YOU
CROSS THE FINISH LINE!***