

## PARTICIPANT RACE MORNING 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 or bag 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
- It is not recommended to bring anything of value with you on Race morning

**ENJOY THE RACE!**