Race day checklist

- [ ] Bib and safety pins
- [ ] Timing chip attached
- [ ] Shoes and socks tested in training
- [ ] Weather-appropriate kit
- [ ] Pace band
- [ ] Gels / fuel plan
- [ ] Watch charged
- [ ] Breakfast 2–3 h before
- [ ] Arrive 45–60 min early
- [ ] Warm-up

Notes

Spitzshop.com · Personal and small-business use; please do not resell or share the files.