

start	time	task
6:00	6:15	wake up, put in contacts, take vitamins
6:15	6:40	dress, pack bags
6:40	6:55	eat, fill water bottles
6:55	7:15	pack cars, put bikes on racks
7:15	8:00	drive to course
8:00	8:15	setup trainers, sign-in, pin numbers (for self or team-mates)
8:15	8:30	preride course
8:30	10:30	keep warm, eat & drink, cheer for teammates
10:30	10:50	put on chamois, mix fluids, set out all race clothes
10:50	11:00	preride course
11:00	11:50	warm up
11:50		get to starting area
12:00	2:45	race to win
2:45	3:15	drink Endurox, eat, warm down
3:15	4:00	pack car
4:00	5:00	drive to hotel
5:00	6:00	dinner
6:00	8:00	shower, laundry, repair
9:00	6:00	sleep

- * please initial every item you bring to the weekend.
- * bring one bag labelled with your name and category.
- * keep all of your stuff in your bag so you can find it.