

How to Gear Check Like a Pro

CHECK THESE 6 ITEMS FOR RACE DAY

1.) GOGGLES



Make sure you have used them recently and that the eye seals have not perished and leak water. Check that the strap and nose piece aren't brittle and are securely attached. Make sure the lenses aren't scratched. If your goggles have any of these issues, consider replacing them and bringing them as back-ups to your new ones.

2.) WETSUIT

Check for potential tears and frayed seams. Look for holes and cuts; these can be patched and glued to prevent water entering the suit. Wetsuits aren't required, so don't worry if you don't have one.



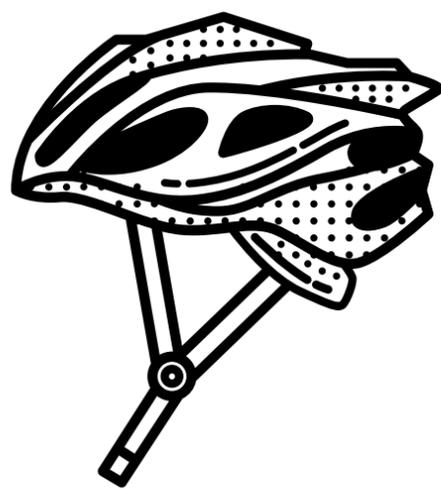
3.) BIKE



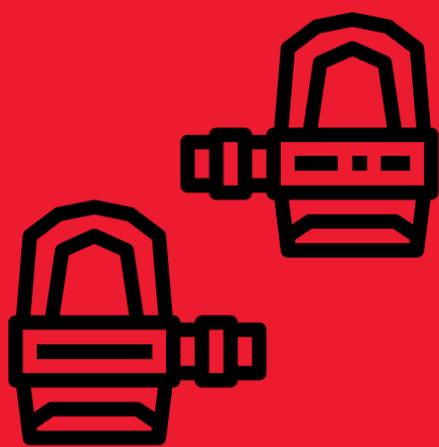
Make sure that the bike frame has no cracks, the wheels are not bent, and that all components are in working condition including brakes and shifters. If you do not know how to check for these things, don't worry - just call ahead to your local bike store and ask them to safety check it. On race morning, make sure tires are inflated properly.

4.) HELMET

The plastic shell needs to be firmly affixed to the foam and the strap should not be frayed. There should be no cracks or dents. It should fit snugly around your head. The general rule for the chin strap is within two fingers spaces from the chin. Helmets should be replaced about every 5 years as weathering and sweat can degrade the integrity of the helmet.



5.) CYCLING SHOES & PEDALS



Make sure that the cleat is firmly attached to the bottom of the shoe. Replace cleat if it is worn down and may inhibit safe clipping in. Check and make sure pedals are firmly attached to the crank.

6.) RUNNING SHOES

Look to see that they are not worn out of alignment or that the midsole is crushed. Cut down or replace any long or frayed shoe laces. If using elastic laces make sure that they have not lost elasticity and that any plastic is still in good working condition.

