



What to wear DURING THE RACE

Helmet

- Enduro Style, visor and dropped back.

Jersey:

- Short Sleeve or 3/4 jersey loose fit.

Hydration Pack:

- Yes, filled with recommended food and water

Seat Bag:

- No, everything carried in hydration pack.

Shorts:

- Over-short with chamois underneath. Also use chamois cream.

Socks:

- Wool or regular office sock



Eyewear:

- Closed frame, Roy Orbison style.

Arm Warmer:

- No. Jacket carried in pack.

Gloves:

- Full finger, light to medium weight

Knee warmer:

- Optional and removable

Shoes:

- Comfortable for walking and hanging out or boosting huge air.

Helmet:

- Traditional XC lid with optional visor and plenty of venting.

Jersey:

- Lycra jersey with pockets at rear. tight fit.

Hydration Pack:

- No, bottle on bike and extra in pocket.

Seat Bag:

- Yes, filled with recommended gear.

Shorts:

- Lycra with chamois. Use chamois cream

Socks:

- This race socks, mid calf.



Eyewear:

- Open frame, photochromic lens.

Arm Warmers:

- Optional and removable for cold mornings

Gloves:

- Full finger, very light

Knee warmer:

- Optional and removable

Shoes:

- Full carbon race shoes

BAGGY VS LYCRA

Recommended Gear:

- Rain shell or vest
- 1.5l water (at start or demonstrable capacity at any checkpoint (2 water bottles)
- Whistle (fox40 or better)
- Emergency Food

Pockets:

- No, Everything carried in hydration pack



Hydration Pack:

- Everything plus some more: recommended gear, food, water, tools, tube, pump, patch kit, tire lever, cell phone or gps.

Recommended Gear:

- Rain shell (vest optional)
- 1.5l water (at start or demonstrable capacity at any checkpoint (2 water bottles)
- Whistle (fox40 or better)
- Emergency Food

Pockets:

- Food, water, jacket, tool, tube, usually accompanies seat bag to gain full completion of needed supplies. Tire lever, patch kit, pump, cell phone or gps.



Hydration Pack:

- No.