
Your Pre-Race Check List

Hopefully you've already had your bike serviced for the big day. But have a read of the following checklist for the day before.

Bike - Check tyres for cuts, run through gears, check & lube chain, check seat post & handlebar stem are secure, make sure discs aren't rubbing, squirt a bit of lube in your quick release pedals.

Tyre Pressure - For tubeless tyres at Karapoti, 30 to 35psi is a nice mid-ground between grip & puncture prevention. Tubed tyres or riders over 85kg are probably better at 35 to 40psi.

Chain Health - Karapoti tests chain health to the max. To get your chain ready, wipe it clean, check the links are all nice & flat & moving freely & that the joiner link is secure. Then apply a mtb dry-lube. Let it dry for 10min, then apply a mtb wet lube. Carry wet lube on race day & apply it at top of Devils Staircase.

Watch or Bike Computer - Check they are working ok and properly secured. If you have goal split times, tape them to handlebar stem.

Shoes - Check cleats are secure & straps are ok. Check insides for grit.

Number Plate - Attach in front of brake cables with cable ties. Do not attach to handlebar. Do not tamper with the timing chip on the back.

Clothes - Lay out shorts, top, socks, gloves & helmet. If wet or windy consider a thermal singlet. If wearing sunglasses, go for clear or yellow tint. Also chamois cream or vaseline for crutch, under arms & nipples. Post-race clothes.

Race Spares - Bike tool, two spare tubes, puncture kit, tyre sleeves (for ripped sidewalls), spare lube, pump and/or gas cannisters. Jacket or long sleeve thermal.

Food - Take a food item (gel, bar, banana etc) for every 30min you expect to be racing. Extra food for before and after the race.

Fluids - Take enough fluid for minimum 250 to 350ml for every 30min of racing. Electrolyte energy drink is better than water. Extra fluid for before and after the race.

Your Race Day Timeline

The following is a handy little race morning timeline for any event. If your race doesn't start at 10:00am, just calculate the timeline backwards from the start time.

- 6:30am - Wake up, shower & dress. A shower wakes up system & warms up muscles.
- 6:45am - Breakfast of carbohydrate & fluids. But nothing too heavy. Things like toast, light cereals, fruit, snack bars, energy drink or water, tea or coffee, etc.
- 7:00am - Leave for Karapoti. Allow 1hr from Wgtn City to Karapoti Park.
- 8:00am - Arrive, park, put bike in didymo wash.
- 8:15am - Get bike & gear ready. Check tyres & chain. Light snack & drink. Toilet stop.
- 9:00am - 15-20min steady warm up ride.
- 9:20am - Final Toilet stop (maybe).
- 9:30am - Race Briefing. Stretch while listening.
- 9:45am - Ride 5min on way to Start, including 3x 30sec bursts on the way.
- 9:50am - Line up at Start. Keep moving & stretch while waiting.
- 10:00am - Start !

NB: If your race starts after 10:00am your warm up ride can be after the race briefing.

NB: If you're not good at eating first thing in the morning, consider having two small breakfasts about an hour apart.



Anyone For A Drink?

Quite simply, the body relies on water for survival. During exercise, even a one percent fluid loss can lead to a 10 percent loss in performance. So drink up!

Most riders lose 600ml to 1000ml of fluid an hour to sweat. So it makes sense to drink before, during and after any ride. But hydration levels need to be at maximum before the start.

Drinking small amounts often in the 48 hours before race day will achieve this. A good guide to adequate hydration is clear urine.



During the race, drink regularly so that hydration levels don't bottom out. Depending on body weight & weather, you need minimum 500-700ml of fluid for every hour you think you'll be racing. Energy drink is preferable because it will keep carbohydrate levels up at the same time.

On race day anyone knocking on the Sub-3hr club might get away with a 2ltr drink system on their back. But the average time at Karapoti is closer to 4hrs, so most people need close to 3ltr of fluid. A 2ltr drink system, a bottle on your bike, and a cup at the two drink stations would achieve this. On race day drink stations provide R-Line Electrolyte Drink (www.r-line.co.nz).



Fuel for the Furnace

Studies show that during aerobic exercise your energy levels drop off after only 90min. Use the following tips to ensure your energy levels are ready to roll for however long Karapoti is likely to take you.

Pre-Race: Your body can only absorb so much at one sitting. Instead of eating more at normal meals, top up energy levels by snacking between meals for two or three days prior to the race.



Race Day: Don't eat a huge breakfast all at once. Get up and have a small snack, get dressed and pack your gear, then have another snack before leaving for the race. About 90min before your start top up with a banana or muesli bar, energy bar or energy gel.

Energy Drink: Studies show that fluid can be absorbed faster when mixed with carbohydrate. This makes energy drink an obvious choice instead of plain water. An energy drinks such as R-Line also helps maintain electrolyte levels, which can help avoid cramp.

Energy Gels: When exercising you burn approx 1g of carb-based energy per kg of body weight per hour. Most energy gels have 35g of carbohydrate, so an energy gel every 30 to 40min will help avoid the dreaded wall you ride into when energy levels drop away.

Official Race Photos
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