

Race Gear

Mandatory:

- Bicycle Helmet for each team member. (2 helmets)
- Bicycle for each team member - road and mountain bikes are recommended. Hand pedals and tandems are also acceptable. No motors of any kind are allowed. (2 bikes)
- Athletic clothing, or comfortable clothing, that you do not mind getting messy or wet.
- One (1) Cell Phone -for emergency use only

Recommended:

- At least one (1) bag per team (backpack, fanny pack, bike pack, etc)
- Water Bottle(s) - No cups will be available at checkpoints, only water coolers.
- Permanent/Dry Erase Marker for map
- Small first aid kit
- Sunscreen
- Baby wipes/hand sanitizer
- Bike Lock - if you wish to secure your bike. Not all locations will have bike security.
- Bike tire repair kit and pump
- Electrolyte tabs or gel
- Towel to dry off
- Matching outfit for the costume contest (optional)

Dress for an athletic event. We recommend running shoes versus an open toed shoe and wicking type clothing. There will be pool/water challenges and you should be prepared.

Swimsuits, bike shorts, sports bra, and other water intended clothing are all acceptable for pool/water challenges for this year's race.