



Iron Girl Duathlon Checklist

DAY BEFORE RACE!

- Stay off feet as much as possible today.
- Eat a carbohydrate-filled breakfast (oatmeal, eggs and toast, 1-2 whole grain pancakes or waffles).
- Eat a healthy lunch (sub, sandwich, salad and soup w/ bread).
- Eat every couple of hours and drink at least three water bottles during the day.
- Give yourself at least 45 minutes at the Iron Girl expo/registration.
- Check-in at Iron Girl registration.

*Be sure to bring:

- Bike
- ID/USAT card
- Money
- Camera ☺

- Locate run-in/bike-out/bike-in/run-out/finish signs.
 - Look over race maps and check out the course.
 - Check into hotel/go home and rest.
 - Eat dinner between 5:30 p.m. and 6:30 p.m. (High carb, low fat, low fiber. Skip the sweets and drink lots of water).
 - Lay-out transition set-up in hotel/bedroom.
 - Pack transition bag (similar to transition set-up).
- *If you aren't using it for the race, don't bring it!
- Pack post-race change of clothes
 - Set alarm (Time accordingly. Plan on eating a 200-300 calorie pre-race snack at least 2 hours prior to race start).
 - Set back-up alarm and/or wake-up call.
 - Lights out before 10:00 p.m.

PRE-RACE

- Eat pre-race snack (i.e. oatmeal, coffee, bagel, banana, sports drink, water, etc.).
- Fill 2 water bottles for bike (sports drink/water).



- Fill 1 water bottle for before race (sports drink/water).
- Put on race day outfit.
- Put on ankle strap (w/timing chip).
- Wear running shoes or comfortable sandals. Bring two pairs of running shoes if you want to wear a non-racing pair of shoes before or after the race.
- Re-check transition bag.
- Arrive to race site to allow enough time to park, set-up in transition, go to the restroom, get to the race start. Please note the time transition closes, as you must be set-up and out of there before it closes. Check event information for that time.

TRANSITION AREA

- Set-up transition area.
- Remove transition bag from transition area or give to friend.
- Remove sandals/shoes or give to friend before race start.
- Go to bathroom! Lines may take up to 30 minutes.
- Get to starting line early, even if your run waves doesn't go off right away.
- Warm-up (jog 5-10 minutes).
- Have fun!

POST-RACE

- Celebrate!
- Receive (and wear) Iron Girl medal.
- Volunteer will remove timing chip.
- Take pictures with friends.
- Hydrate with fluids.
- Enjoy the post-race catered Breakfast Café.
- Meet other participants at the post-race awards ceremony.
- Gather race belongings at transition area.
- Plan your next Iron Girl event!