TITLE 9 TRI
MAX Performance

ATHLETE PACKET

SEPTEMBER 8
HOPKINTON STATE PARK
8AM START
Dear Athlete,

We’re excited to see you on September 8th for the 12th Annual Title 9 Triathlon in Hopkinton! Thank you for joining Max Performance and making this event possible. Title 9 Triathlon is all about the athlete experience. One of camaraderie, spirit and togetherness. We hope you have a fantastic event!

The Athlete Packet has all the information you’ll need to get ready for Race Weekend including special clinic dates upcoming. Check out the Top Highlights below.

Thank you again for choosing to race with us.

~ The Max Performance Team
TOP HIGHLIGHTS

Here is some of the most looked at content from the Athlete Packet, year after year. They are linked for ease of navigation. Check out the bottom section MORE DEETS to really drill down the weekend.

04 PACKET PICKUP
Saturday or Sunday early, don’t forget your photo ID
LEARN MORE

05 PARKING & GPS
Always a good look ahead, arrive early for the best spots (6AM)
LEARN MORE

05 RACE SCHEDULE
Don’t forget about Awards, Post Race BBQ & Post Race Expo!

06 TRANSITION SETUP
Learn about your setup, Ins and Outs plus Bike Racks

08 BIKE RULES
Super important - must read about how you should ride on the road

12 TIMING CHIPS
All Sports Timing provides us with Disposable Timing Chips & Race Results on your smartphone!

MORE DEETS  Click to drop down

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**PACKET PICKUP SCHEDULE**

**SATURDAY REGISTRATION AND PICKUP – HIGHLY RECOMMENDED**

Saturday from 3-6pm - you may pickup your packet on September 7th at the race site, located under the Band Stand **You may NOT pick up a packet for a friend. All athletes must be present, including all relay team members.**

**SUNDAY REGISTRATION AND PICK UP**

6:00 – 7:15am  You may also pickup your race packet on Sunday at the race site. The Registration Area is located under the Large White Tent at Hopkinton State Park. (See Related section on Parking)

**Tardiness:** Don’t arrive after 7:15AM to the race, we start the race on time at 8:00AM. No exceptions please; even if you are in a later start wave.

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**PROPER ID**

This can be tricky, see chart below.

USAT Annual Membership Proof: You may present keychain card, online app or paper proof of membership

**Please Note:**

- All members of a relay team must be present before we can issue a race packet to one member.
- You may NOT pick up a packet for a friend. All athletes must be present. ***

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**AS A SANCTIONED USA TRIATHLON EVENT, WE ARE REQUIRED TO ASK FOR THE FOLLOWING:  (THANK YOU FOR BEARING WITH US)**

<table>
<thead>
<tr>
<th>USAT Annual Member =</th>
<th>Show Photo ID + Annual Membership Card</th>
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<tr>
<td>Purchased a One Day USAT Membership Online =</td>
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<tr>
<td>If you purchased a one day membership online or are unsure, you simply need to show photo ID</td>
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## RACE WEEKEND SCHEDULE

<table>
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<th>Saturday</th>
<th>Sunday</th>
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<tr>
<td>3-6PM Packet Pickup</td>
<td>6:00AM Transition Area Opens</td>
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<td>4:00PM Race Meeting - Non Mandatory, but a great listen</td>
<td>6:00-7:30 Late Packet Pickup, Body Marking</td>
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<td>7:30 Registration Closes</td>
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<td>7:45 Pre-Race Announcements &amp; National Anthem outside Transition Area</td>
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<td>8:00 First Swim Wave</td>
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<td>9:30 Results - posted to All Sports Trailer</td>
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<td></td>
<td>9:45 Free Post Race BBQ</td>
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<td>10:30 Award Ceremony</td>
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<td></td>
<td>12:00PM Race Activities Conclude</td>
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### DIRECTIONS
(USE GOOGLE MAPS)

**Hopkinton State Park**  
164 Cedar Street,  
Hopkinton, MA 01748

From Route I-495(north or south)- Take exit 21A, Main Street Hopkinton. Travel on Main Street until the third traffic light located at the heart of downtown Hopkinton. Turn left, traveling North on Route 85. Proceed approximately 2-miles to the Hopkinton State Park. Entrance on the right (do not enter the Field Office on the left).

**Inside HS Park:**

- **On Race Morning:** follow the direction of Park Staff & Volunteers toward “Event Parking.” First to arrive will receive closest spots. When parking at large lot near Lower Beach, please follow signs for “Registration” up the path and over the levee. Please do NOT try to travel on obstructed paths.
- **Saturday Parking:** You may park in lots near the Transition Area and surrounding lots. Lots are located on the loop road.
- **We encourage Spectators to arrive with athletes.** Park Roads are closed near 7:30AM.

### PARKING

There is absolutely **NO PARKING on any State park Roads throughout the weekend**.
TRANSITION AREA SETUP

Organization
There is one entrance and one exit in the TA and they will be clearly marked. The only people allowed in the TA are race participants and Max RDs. The TA opens at 6:00A.M. and closes at 7:45AM - you need to be on the beach at this time.

Each row is marked with signs that designate the race numbers that correspond to that row, e.g. sign #s 51-100 equates to Race Numbers 51-100.

You must rack your bike in the row that corresponds to your race number. Give yourself some room since we’re bringing more racks than participating athletes, so you’ll have room next to you. [specific directions on bike placement is described under Max Bike Racks in this packet]

Rules
The following rules will be in effect and closely enforced to ensure organization, safety and security:

- Only athletes who are body-marked are allowed in the TA
- Your bike frame # and Bib # must be affixed accordingly
- You must walk or run your bike into and out the TA. You are not allowed to ride your bike in the TA.

- You are discouraged from removing your bike once it’s in the TA until the end of bike portion of the race. This helps reduce some of the TA chaos from frequent entry & exit prior to race start.

- Mounting and dismounting your bike must occur in the designated/markd areas outside the TA.

- You will be able to take your bike and gear from the TA after the last racer has started the run portion of the race.

Signs
Clearly marked signs and mini-arches will be in place:

Swim Finish
Bike Out
Bike In
Run Out

Portable Restrooms are located inside transition, as well as at the Bath House.
MAX BIKE RACKS

Bike Rack Placement

- Only the rear tire gets mounted in the slot farthest away from where you’re standing
- Each rack holds 8 bikes; alternate placement – you’re on 1-side, next racer on the other side
- Your front cassette should be on the small chain ring for increased stability and entry/exit speed
- Mountain Bikes need a PVC adapter – see a Max person in the Transition Area.
- Place your other race gear (towel, sneakers, etc.) to the right of your front wheel

See picture on last pages for an example and our YouTube video at http://www.youtube.com/user/maxperformancetri

CHIP TIMING SYSTEM

You must use the chip provided to you in your Race Packet. You may not use your own chip. Please fasten the chip to your ankle (left ankle is recommended so it doesn’t touch your bike chain ring while riding) and check to make sure it is secure prior to race start. Split times will be recorded by the timing company at each race segment. Note that the Finish Line clock will reflect the race start time. This time will not be your exact time due to different start times for different race waves.

Please see section below on Disposable Timing Chip

RACE NUMBERS

There will be three (3) race #s in your race packet that all racers are required to display during the event:

1. Run Bib Number – must be displayed the Run segment on the front of your body (not your back). Fasten your Run Number using a race belt or using safety pins provided to you in your Race Packet. It is not required to be displayed while on the bike portion of the race.
2. Bicycle Frame Number – must be attached so the number is visible from both sides of the bike.
3. Helmet Number – a small peel-and-stick number must be worn on the front of your helmet.

Bike & Helmet Numbers MUST be affixed prior to entering TA
MUST READ!

- No Double Riding – two athletes side by side.
- Triathlon is an individual sport. No drafting = 3 bike lengths between you and the person in front of you.
- Stay to the Right when riding your bike outside of the park.
- Always pass on LEFT…yell out “On your Left!”
- Please remember that the bike course is open to Auto Traffic and while we have police details at every intersection, we are sharing the road. This is a standard of racing in New England.

Gals for Cal is a group of women connected through friendship who are dedicated to raising awareness and funds for Duchenne Muscular Dystrophy (DMD). Our primary focus is to promote awareness of DMD and to improve all aspects of the lives of children with DMD by raising funds to be allocated to medical research and clinical care.

Learn More about Gals for Cal

Police and/or Max Volunteers will be at every intersection to help ensure safety and proper direction. Each turn will also be marked with spray chalk on the ground prior to and at the turn. In addition, Volunteers, signs and markers will be used at various mileage points. Detailed Cue Sheets and maps are located on our website under the TITLE 9 TRIATHLON Race Page. Check out the Bike & Course Video!
Warm-up & Water Temperature
Warm-up swimming will be allowed between 6:30-7:30 near the Swim Finish. All racers must be out of the water and back to the Transition Area by 7:30 for the race meeting at 7:45. All athletes, except Relay Team members, must be out of Transition. We will then walk together as a group down to the Swim Start. Swimmers will be cued up by wave (cap color) – look for your colored sign, held by our wonderful volunteers.

Remember: The swim equates to roughly 16 lengths in the pool. You can use any swim stroke during the event.

Swim Course
The course is a Point-to-Point Swim beginning at the Boating in Boston Boat launch. Keep all Buoys on your LEFT when swimming. Each wave will begin in the water, starting between the Orange Start Buoys. A Max Race Director starts each wave with a count down and bull horn while you are at the orange start buoys. Keep all Orange buoys on your Left - as you swim close to the shoreline.

Experiencing trouble during the swim? - it happens, safety is the primary concern - there will be other races! Please be very conservative in this regard. If you cannot continue during the swim, wave your hands in the air or yell for one of the safety boats to pick you up. Or, swim to shore. Notify a Max RD immediately upon exit. Medical safety prohibits you from doing the bike or run portion of the race.

Swim Waves
All racers will receive a colored swim cap at the time of registration that corresponds with a swim wave. You will be staged according to swim cap color and must start with the designated wave. All racers will be called into the water by wave.

*Wave designations will be issued in a subsequent email

Swim Map Posted Here
Grace Bicycles will be onsite in a vendor tent to assist athletes with bike issues. Please consider seeing them if your bike or helmet appears to need some attention. Mechanics will be able to fix only minor problems encountered at no cost. All bike assistance should be done prior to entering the Transition Area.

Grace is not responsible for bike problems encountered on race day. It is your responsibility to maintain your bike in good condition for you and your fellow athlete's safety.

**Note** - USAT rules require that all handlebar ends be plugged. You will not be permitted to race if you cannot plug bar end bars.

**Grace Bicycles Special!**  $40 safety check and lube for $20! Call Today: 508-429-9177

All relay team members have access to the Transition Area (TA). Relay team members must wait for their teammate in the TA at their bike rack location. The timing chip exchange has to occur at the bike rack location in the TA.

**All relay team members must be present when picking up race packets**

Aid Stations will be available on the Run Course at the Mile 1.2 Mile 2.2. Call out to volunteers what you would like as you approach. There will be water and Gatorade at the Aid Stations.
POST RACE & AWARDS

The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for food, more music, giveaways and more. Sponsored by Always Health Partners

Awards will start at roughly 10:30

Top 3 places in each division
- Top 3 places in each division
- Overall Winners
- Age Groups (5 year increments per USAT)
- Athena
- Newbies
- Top Relay Teams

Age Group Winners receive commemorative tokens and Race discounts!

**Capstone Photography** will also be at the race to help capture memories. They are excellent at action sports photography and will email you with photos to view the week after the race. Remember, visible race numbers really facilitate great pictures.

As stated on our website – you must be present to receive awards. Plan to stick around for the ceremony and win some giveaways. We will not ship awards.

RESULTS

Check out all the ways you can connect with your results experience, courtesy of All Sports Event Timing. Visit the Timing Truck to view your results onsite, print our your results at the touch screen kiosks or view results online on your smartphone at our mobile friendly website. Stay Connected! Race results will be based on your start time and finish time using the chip timing system described above. Results are posted at to the Max Website at the link provided in your email communication.

SPONSOR GIVEAWAYS AT AWARDS CEREMONY:
- DESOTO WETSUITS & BAGS
- RUDY PROJECT GLASSES & MORE!
How to wear the MultiSports Tag

The Multisports Tag must be worn around the ankle. If you wear a long wetsuit, roll up one leg or wear the tag below your wetsuit.

**DO NOT WEAR UNDER OR OVER TOP OF YOUR WETSUIT**

1. Wrap the tag around your left ankle.
2. Remove the white backing paper.
3. Carefully apply the tag around the ankle.

Make sure you apply the tag correctly the first time. DO NOT REAPPLY THE TAG as the adhesive will weaken and you may lose the tag.

**RELAYS:** Peel off the sticky backing from the Velcro, apply around ankle of swimmer. Peel Velcro apart and pass from relay member to relay member.

Tape the tag on your ankle for added safety.
UPCOMING CLINICS & DATES

OPEN HOUSE & NEWBIE NIGHT
Hosted at Grace Bicycles in Holliston
Wednesday August 28
6:30PM
FREE - MUST REGISTER HERE!

Join us for Title 9 Open House and Newbie Seminar with great food and cheer! (Wine and beer too :) This night is open to all athletes and will highlight the following topics:

- Topics of discussion include things like:
  - Transition Area set-up
  - Apparel: What do I wear?
  - Nutrition: How much should I eat?
  - How to prepare for my first race
  - Race Course Discussion
  - Plus, answering all questions. Every question is a good question.

Newbie Seminar
Newbie Seminar has become Max's bread and butter, providing every athlete with information about Title 9 Triathlon! This is a presentation with Q & A following. It is not an active ride.

Bike Maintenance
How to fix a flat quick! Grace Bicycle mechanics will be on hand to demonstrate the best way to fix a flat when you're out on the road. Did you know...that as an athlete, you are responsible for fixing your own flat while racing?!

SATURDAY MEETING
Race morning can be a busy time with family well wishes and the nervous excitement of your race. To give you an advanced preview of each course, Max Race Directors will be providing a Race Meeting from 4-4:30PM at the Race Site on September 7th. This is a great opportunity to hear important race updates while seeing the Swim Course and Transition Area. See you there!

OPEN WATER SWIM CLINIC
Tuesday August 27th

The program guarantees to ease the most common triathlon
- swimming fears such as the:
- infamous thrashing tri-start
- sighting to distant buoys
- swimming straight (no lane lines)
- open water anxious moments

The clinics are aimed specifically at 1st-time triathletes or those triathletes who are in their first year or two of competing. The clinics are run by experienced coaches, triathletes who are excellent instructors and who love to help.

Learn More Here
You may want to check out the list of FAQs we prepared to help ensure a great day. The information is located under the ‘Why Max Rocks” section of our website, top panel. There are links for General FAQs, Beginner FAQs, and Rules & Regulations.

Reminders include:

- Only pass on the left while passing someone on the bike
- Helmets must be on and buckled before leaving the TA bike start
- Pay attention to Max RDs and Volunteers for race course turns

**No double riding on the Bike Course – 2 athletes side by side.**

Bring your cowbells, noise makers, posters and spirit to cheer the athletes on! Don’t worry if you don’t have a cowbell. Share in the post-race celebration too. Get your kids cheering and shaking their cowbells, but please keep a close watch on them. If your children bring bikes, make sure they have helmets too. There are some great views for spectators near the transition area to catch athletes leaving the bike/run.

**We love Dogs, but they are not permitted** on the grounds anywhere at the TITLE 9 TRIATHLON. This is a town ordinance, so we appreciate your strict adherence to this rule.

Knocking on wood while we type this, but consistent with the sport of triathlon, Max reserves the right to alter or cancel any portion of the event which compromises safety. Our waiver states that if the race is cancelled due to really, really bad weather, there are no refunds. This is due to everything being paid for prior to race day. We all have to share in the risk of dangerous weather. It would have to be DANGEROUS to run the race for us to cancel.
SPONSORS

We encourage you to patronize our partners at THE TITLE 9 TRIATHLON

Join us post Race for an amazing Free BBQ, Sponsor Expo - grab a massage, some samples and listen to great music at the state park!
**USA TRIATHLON**

**MOST COMMONLY VIOLATED RULES**

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

2. **Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

3. **Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

5. **Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

6. **Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

7. **Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

8. **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

9. **Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

10. **Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. **Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
Do I need a wetsuit for this race?
Water Temperatures in Hopkinton State Park will be in the low 70’s and many athletes wear wetsuits. Wetsuits are not required to participate in the Title 9 Triathlon. A few factors go into the decision to wear a wetsuit. Take a look below.

What are the benefits of wearing a wetsuit?
Buoyancy, Speed & Warmth. Wearing a wetsuit is like having a giant ‘floatie’ in the water. It pulls your body up while swimming and thus many athletes find they swim faster. It also keeps your body warm when water temperatures are in the 60’s and low 70’s, quite common here in New England.

Are there any negatives?
When a wetsuit fits properly, it’s tight around your body and may feel constricting. For this reason, it’s important to practice swimming in your wetsuit and get in the open water prior to race day!

What type of wetsuit should I buy - Sleeveless or Full?
We get asked this question a lot. It comes down to personal preference and the time of year that you will be racing. If you race or plan to race in May, June, September it’s a good idea to have a full suit to keep your body warm. If you’re swimming in lakes or ponds through the summer months, you may not need a wetsuit at all or can use a Sleeveless Wetsuit. Sleeveless wetsuits provide buoyancy, however they will not constrict your shoulder movement when compared to a full suit.

Important: Do not try anything new on race day! If you have practiced swimming without a wetsuit, do not make an impulsive purchase or rent a wetsuit 2 days before the race. Practice swimming in your wetsuit several times in the open water before race day to get accustomed to the feeling.

40% Off Wetsuit & Apparel
Use code: MAXRACERS0219 at checkout
# RACE DAY CHECKLIST

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<thead>
<tr>
<th>General</th>
<th>Run Gear</th>
<th>Transition Area</th>
<th>Other Personal Items</th>
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<td>☐ USAT Membership Card (if applicable)</td>
<td>☐ Running Shoes</td>
<td>☐ Socks</td>
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<tr>
<td>☐ Picture ID</td>
<td>☐ Extra Safety Pins for Race Numbers or race belt if you have one</td>
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<td>☐ Money</td>
<td>☐ Sunscreen</td>
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<td>☐ Goggles</td>
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<td>☐ Spare Tubes and Tires</td>
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