TOUR DE BROADS

Pedal Revolution

GET READY FOR THE TOUR DE BROADS

DON'T LET YOUR BIKE LET YOU DOWN ON YOUR BIG DAY

- [ ] Bike serviced
- [ ] Tyre condition checked and inflated
- [ ] Brake pads checked
- [ ] 2 x bottle cages & bottles
- [ ] Saddle-bag, tubes, tyre - levers, multi-tool & pump
- [ ] Chain & gears lubed
- [ ] Bar tape secure and comfortable
- [ ] Daytime running lights charged
- [ ] Bike fit

GET YOURSELF READY TO BE THE BEST YOU CAN BE

- [ ] Helmet, gillet/rain jacket, mitts, and arm warmers
- [ ] At least 1 bottle per hour with hydration tablets
- [ ] At least 1 energy gel or bar per hour
- [ ] High "slow release" carb and protein breakfast
- [ ] Early to bed!
- [ ] Phone with ICE contact
- [ ] Small amount of cash for emergency supplies
- [ ] Entry pack
- [ ] Legs shaved!

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