

Kick & Push Century Ride

GEAR LIST

Below is a list of gear we feel will help you succeed, with relative comfort, while you compete in the 50km or 100km. A few of these items are required (if you do not have them, you will suffer a time penalty) Many of them are highly suggested. A few are luxury items.

Required:

- 1 Gravel bike(recommended) or Mountain Bike (will suffice) in good working order (a road bike is NOT allowed, you will not be permitted to race)
- 1 CSA approved bike helmet
- 4 liters of drinking water (you may leave Extra Bottles at the Lap table to take out for lap 2), we do not require you to carry this with you. You may bring more than this, 4 liters is the minimum amount required for yourself before, during, and after your race)
- 1 bell, we know it's not cool, but this is a multi-use trail!
- Spare tube, pump or CO2 cartridge, Tire levers.

Suggested:

- Bike shoes if you clip into your pedals
- safety glasses, protection from dirt and debris and rogue branches.
- Food, gels, energy bars: whatever your race fuel is
- Sunscreen
- Flashing bike lights, one red (back) There are gravel road sections *PLEASE NOTE BATTERY LIFE OF YOUR LIGHT SYSTEMS*

Luxury:

- Bike gloves
- Change of clothes for post-race Meal and awards. You may get your race clothes muddy and wet. Note, the best change rooms we can offer are behind trees
- Camping chairs