



Marilyn Chychota Coaching, LLC

Bike Prep for Camp

Please get a tune up for you bike two to three weeks before camp. The tune up should include checking to see if you need to replace:

- Chain
- Cables
- Brakes
- Tires (durable is better than fast in Tucson)
- Tubes
- Cleats on cycling shoes
- Bike helmet
- *Always change your power meter battery before camp.*
- Headset
- Wheels - checked and true
- Bolts - tight and rusted ones replaced

Suggested gearing:

- Compact front
- 11-28 rear cassette

Please bring:

- Extra tubes (four)
- Stem extenders if needed
- Extra tire
- Saddle bag with a spare tube, tire levers, CO2 cartridge and CO2 Tire Inflator
- Bike computer and charging cable
- Rear visible light

We will provide:

- Pumps
- Air cartridges

If you ride DI2, please don't forget to bring your charger. Always charge your bike after you arrive!