

■ Ask Your Crew: Planning Worksheet

■ Use this sheet to start an open conversation with your crew or family.

1■■ How involved do you want to be in the race weekend?

2■■ Which parts of the training or planning feel fun or meaningful to you?

3■■ What days/times do you absolutely need me present at home?

4■■ Would you prefer to crew at aid stations, help with logistics, or cheer from the sidelines?

5■■ What's your comfort level with driving, navigating, and waiting at remote spots?

6■■ Is there anything about the race that makes you feel nervous or unsure?

7■■ What can I do to make this feel like our shared goal — not just mine?

8■■ What do we need to plan for after the race (travel, rest, family time)?

■ Other thoughts, boundaries, or requests?
