

**New Jersey Sports Medicine and Performance Center
689 Valley Road, Suite 104, Gillette, NJ 07933
(908) 647 - 6464**

What to Bring for your Performance Test

1. Clean, properly functioning bicycle with a standard sized rear wheel
2. Tire should be slick (tread less)
3. If you have a cycle computer with cadence, bring it
4. Full cycling kit including shoes/cleats, cycling shorts, and jersey
5. Head band or cycling cap to prevent sweat from going in your eyes
6. Fresh legs and mind ready to reach maximum effort
7. Music CD, if you desire
8. Clean towel and change of clothes for post ride
9. Recovery drink and food for post ride
10. **Consent form signed**, by parent or guardian if you are under 18 years
11. **Completed Physical Activity Readiness Questionnaire**, by parent or guardian if you are under 18 years