

BE READY ON RACE DAY

Get the most mileage out of all that time and effort you've spent training: Take a few moments to make sure Race Day itself goes as smoothly as possible!

THE NIGHT BEFORE / CHECKLIST

- Plan your transportation
- Check the weather forecast
- Select your running outfit
- Pin your race bib / number to your shirt
- Attach your timing chip to your shoes
- Make a plan for your belongings
 - Know how far the bag check area is from the starting line
 - Coordinate with your family and/or friends
- Pack your bag with the day's essentials:
 - Weather protection: Sunscreen, hat, gloves, etc.
 - Additional layers (or rainwear, as appropriate)
 - Chafe protection (for long distances)
 - Any additional registration needs (confirmation card, T-shirt voucher, running club card etc.)
 - Money
 - Food: Energy bars, gels, or post-race snacks as appropriate
 - Cell phone
 - Directions
 - Contact numbers
- Coordinate any pre- and post-race meet-up with family and friends
- Plan out your post-race snacks or meal
- Set your alarm—and check it twice!
 - Plan to be awake for at least 2.5 hours before the race begins
 - Give yourself ample time for travel, parking, warming up, etc.
 - Plan to arrive at the starting location 30 minutes before the start time

START THE MORNING RIGHT

- Jump-start your metabolism
 - Take a warm shower
- Replenish your blood sugar
 - Eat a small meal consisting only of familiar foods that you've consumed prior to running; don't eat any closer than two hours from the start.
- Hydrate properly
 - Make sure you've had at least 6 oz of water for every 20-30 minutes you'll be on the road.
- Leave on time!
 - Give yourself ample time for travel problems, parking, and to:
 - Drop off your bag
 - Use the bathroom
 - Apply sunscreen, chafe prevention, etc
 - Familiarize yourself with bathroom stops and locations
 - Warm up

GET SET... and GO!

- Warm up
 - Walk or jog slowly for at least ten minutes before the start
- Stretch lightly
- Confirm your pace plan
 - Focus on your goal times:
 - An acceptable time based on normal weather conditions
 - A finish time you'd be very proud of
 - Be ready to shift between goals if unexpected factors warrant it.
- Practice a few "race pace" starts
- Line up behind the appropriate pace marker
 - Position yourself based on your actual ability. Don't start in a faster group.
- Don't start out too fast!
 - Be careful not to get carried away by the excitement or start running with faster pace groups.
 - It's best to start on the slower side so the second half is faster
- Hydrate as needed at aid stations (distance races)
- Run your own race!
 - Don't let others slow you down or speed you up. Keep your own focus.

ONCE YOU CROSS THE LINE...

- Keep moving
 - Walk for 15-20 minutes. If you've just completed a marathon or half-marathon, don't stretch immediately; wait until after you've had something to eat and drink.
- Replenish your fluids
 - Drink at least 6 oz for every 20-30 minutes spent running; you'll know you're rehydrated when you pee light yellow.
- Eat something
 - Try to consume some carbohydrates within 30 minutes of your finish (most important for distance runs)

And finally...CELEBRATE!