



## Race Prep Checklist

### Day before:

- Pick up race number and packet. READ RACE INSTRUCTIONS.
- Be sure to hydrate and eat a high carb meal the night before
- Lay out your race day clothes, pin race number to FRONT of shirt
- Gather additional items you need during the race:
  - Sunglasses or a hat
  - Old, disposable T-shirt to stay warm before race (discard at start)
  - Toilet paper
  - Energy gels or alternatives
- Gather items for bag drop:
  - Change of clothes
  - Change of shoes
  - Hand towel
  - Jacket for pre/post race (you never know)
  - A snack you like (Mmmmm...potato chips)
  - Body Glide, NipGuards (gentlemen), Blist-o-Ban (for blisters)
  - Cell phone to find your cheering section after the race (this one is up to you)
- Determine a place to meet family/friends after the race
- Determine where you will park on race day
- Set an alarm and a back-up
- Try to get some sleep

### Race day

- Get up and eat/drink something a minimum of 90 minutes prior to the race start. NO NEW FOODS on race day!
- Arrive early and find a porta-john line (yes, there will be a line until the start of the race)
- Drop your bag at bag check
- Hit the porta-john one more time if you have to

- Find your pace group and place yourself in the correct start corral. These are separated by pace and marked by pace signs.
- SMILE! You don't know who might be taking your picture! 😊
- Enjoy the race – you've worked hard to get here!