



### TIP #13 – RACE WEEK CHECK LIST

1. Get your packet early at EXPO – have time to look around – it's fun
2. Have your number pinned on the front of your shirt the night before.
3. If you want crowd support – iron on your name or something to your shirt – people will yell what is printed to cheer you on!
4. If applicable, tie the chip, D-Tag, etc into your shoe the night before (if applicable). Many events now use the new electronic bib technology.
5. Have an alarm or wake up call (it is normal to wake up several times during the night) If you have slept well the week before, this should not impact you.
6. Remember to Body Glide the areas needed before you put on shoes, shirt, shorts
7. Remember nothing new to wear today
8. Double tie your shoes
9. EAT light breakfast about 2 – 2 ½ hours before...something tried and true that won't bother your stomach.
10. Remember to bring Gu or another carbohydrate energy replacement substance and put it in your pockets or whatever you use to carry it. Some pin it on the inside of shorts; make sure you have something between your skin and the Gu.
11. If you take electrolyte tablets, put them in a plastic bag so they don't dissolve while you are carrying them.
12. Hydrate – hydrate – hydrate. Take at least one bottle of water with you to start
13. If you are wearing something that you'll remove at the start – make sure you have someone who can grab the items at the start.
14. If it's cold - take an OLD SHIRT to put on for prerace warmth that you are willing to throw aside somewhere as the race begins or in the first mile or so (there are organizations who will pick up these shirts and give to shelter)
15. If it's cold - have a pair of cheap gloves (found at hardware stores, etc) or socks for your hands that you can throw aside
16. If drizzling or raining take a garbage bag and wear it over your body until the start
17. Have a BATHROOM strategy for pre-race
18. Have a meeting place decided for afterwards – it is hard to find your family or friends if you don't
19. Bring for afterwards – sandals –you'll be glad to get out of shoes!, extra shirt (probably long sleeve), Ibuprofen, stretch or sweat pants, towel or towelette, and any personal special food/drink you like (there will be plenty at the event but some people have picky stomachs and may want that special item)