



Race Day Tips

Day before the Race

- Rest, at most walk to stretch the legs
- Hydrate well throughout the day
- Go to bed early
- Set out all your clothes & gear
- Eat a high carb meals, do not try anything new
- Pack bag with dry clothes for after the race
- Visualize the event and you doing well, smiling!
- Do not berate yourself.
- Remind self over and over it is ok to walk
- Accept nervousness, this is a natural part of racing
- Make sure you know your location, parking should be figured out
- Find out how many water stops

Day of the Race

- Set alarm to wake up with plenty of time, no rushing
- Eat breakfast 2 hours prior to start, nothing new
- Hydrate well, @ 16oz. 1 hr. prior to start, not all at once, taper
- Arrive at least 60 minutes prior to the start
- Do not try anything new this day!
- Warm-up should consist of 5-10 minutes of walking
- Make sure to stand in line for the bathrooms early, even if you do not have to go
- Line up at the correct place
- Do not go out too fast
- Positive mindset always!
- Enjoy the exhilaration & rewards

During the Race

- Make sure to stop at all water stops
- Grab the water and walk past the tables, get over to the side to drink so you are out of the way
- To adequately get fluid in you need to stop and walk and drink, pinch the top of the cup
- If you need to walk at any point, move over the side to walk, do not stop abruptly
- Keep moving when cross the finish line
- You WILL get cut off. Deal with it. This is common in big races.
- Do not hotdog it to the finish line. If you have that much left you did not run a smart race. Finish strong and relaxed.

After the Race

- Make sure to walk around, do not stop until your heart rate has returned to normal
- Remember to have your chip cut off your shoelaces
- Refuel with water, Gatorade, and good sources of carbs & protein
- Once feeling good, sit down for a good, relaxed stretch before you head home
- Take the next day off from running, cross training (swim, bike) would be ok.