



Race Day Preparation

- Visualize Your Race Day
 - 1-2 nights/week for a month or two leading up to race
 - Utilize all 5 senses in your visualization
 - Visualize different race day scenarios - good and bad
- Trust in Your Taper
 - 2-3 week reduction in mileage and intensity
 - Necessary for maximal performance
 - Legs, body, and mind need this
 - Not an excuse to do nothing for 2-3 weeks
- Nutrition Leading Up to Race Day
 - 3 days before increase consumption of complex carbs
 - 2 days before begin decreasing high fiber foods (fruits and veggies)
 - Avoid high fat/high carb foods such as cookies/pastries, etc.
 - Don't over eat
- Sleep the Night Before the Night Before the Race
 - Typically less stressed and will sleep better
 - Poor sleep the night before does little to you physiologically
- Gather and Organize Race Day Items the Night Before
 - Set out all race essentials the night before
 - Make a check list
- Race Day Clothing
 - Be aware of race day forecast
 - Dress as though it were 15 degrees warmer
 - Bring extra "throw away" clothing for start line
 - Trash bag - keeps you warm and dry
 - Avoid wearing cotton
- Transportation and Logistics
 - Leave extra time for unforeseen incidents (traffic, can't find parking, etc.)
 - Parking locations and proximity to start/finish
 - Carpooling - everyone ready and on time
 - Drop off - make sure ride is on time
 - Know where baggage check is located
 - Know when you need to be in starting area
 - Set a predetermined meeting place for friends and family after race
- Race Day Warm-Up
 - Wake up at least 2.5-3 hours prior to race
 - Perform an easy shake out run for 10 minutes
 - 5 min brisk walk and/or light jog prior to race
 - Dynamic stretching routine in small space/starting area
 - Ease into first 1-2 miles as cardiorespiratory warm up
- Pace Yourself
 - Race day adrenaline
 - Follow your race plan
 - Run with pace group or use pace chart

- Use a Positive Mantra When Running
 - At some point the race will get tough and you will hurt
 - Don't let negative thoughts enter your mind and derail all you have worked for, it will pass
 - Formulate 2-3 easy and positive mantras to gain confidence and help you persevere
 - REMEMBER: Everyone is hurting like you are.
- Focus on Form When Things Get Tough
 - Takes your mind away from the pain
 - Allows you to examine your efficiency and make changes
- Set Small Goals
 - Keeps you focused
 - Keeps the race manageable
- Fix It Earlier Rather Than Later
 - Sock/shoe rubbing, shoe tied too tight, have to use the restroom, etc.
 - Stop early in race and deal with it, don't wait
- Race Day Nutrition
 - Critical to practice in order to avoid GI issues
 - Use same nutrition on training runs for practice and refinement of refueling plan
 - No two stomachs are the same. Experiment to find out what works for you
 - Drink early and at regular intervals of 15-20 minutes (20oz/hour:1 big gulp = 1oz)
 - Don't over drink/hydrate - sloshing in stomach, urge to urinate, hyponatremia
 - 1-2.5 hours of activity: 30-60g of carbs per hour
 - Greater than 2.5 hours of activity: 80-90g of carbs per hour
 - Gels, salt pills and alternative fuels
 - Top off fuel stores 15 min prior to race - ex. Gatorade Prime, GU, Power Gel
 - Stop ingesting fluid 45-60 min prior to start - let bladder empty out
- Managing the Aid Station
 - Avoid congested area of aid stations
 - Make eye contact with volunteer
 - Move into middle of road once you no longer need any more fluid
 - Be aware of other runners
 - Squeeze cup to form a spout
 - Tip head, lean, and drink out of side of mouth
 - Avoid spilling on shoes
- Enjoy the Day
 - Payoff for all your hard work
 - Take in your surroundings and interact with crowd
 - Be within reason and don't let it take away from your goal

Runner's Race Checklist

Pre-Race	
Anti-chafing lotion/glide/vaseline	
Sunscreen/lip balm	
Water/food/snack	
Bib/safety pins/timing chip	
Garbage Bag	
Race	
Watch/GPS	
Sunglasses	
Hat or Visor	
Gels/water/sports drinks/salt/fuel belt-if using	
Band Aids/Nip Guards	
Shoes/orthotics	
Singlet/shirt	
Sports Bra/extra ponytail holders	
Shorts/tights/compression garments	
Socks	
Gloves/stocking cap/arm warmers-if needed	
"Throw Away" warm clothes	
Post Race	
Extra socks	
Extra shirt/pants/shoes/jacket	
Plastic bag for ice/dirty clothes/etc	