

ULTIMATE RACE DAY CHECKLIST

NIGHT BEFORE:

Pull out running outfit for quick change in the morning:

- Running Top
- Running Bottoms
- Hat/Visor
- Sunglasses
- GPS Watch
- Socks & Shoes
- Hair-bands
- Sports Bra

Pack a hydration bag:

- Fill up the Bladders/Bottles and leave in the fridge overnight
- Gels/Snacks
- Water Additives
- Toilet Paper

Pin racing number to your outfit, or place in your dump bag.

Pack a "dump bag" with any items you may need at the start line"

- Sunscreen
- Water Bottle
- Gum
- Extra Snack
- iPod/Music Player
- Phone
- Cash
- ID
- Extra Safety Pins
- Anti-Chafing Cream
- Chapstick
- Jacket/Pullover
- Race Confirmation Print Off

Pack a car bag for recuperating after the race:

- Hand Held Muscle Roller
- Compression Socks
- Water Bottle
- Nuun
- Easy on the Stomach Snacks
- Flip Flops/Sandals
- A Change of Clothes
- Baby Wipes
- Deodorant

MORNING OF:

- Change into racing outfit
- Eat something & drink a full glass of water

RIGHT BEFORE:

- Make sure you have directions
- Double check car bag and dump bag
- Pee!