

The following check list can be used as a guide for a **Half or Full Marathon Running Race** to help yourself be Prepared, Relaxed and Ready for the best race experience possible.

## Race Essentials

- Race Bib Number w/ Pins
- Fill out back of bib w/ Emerg. Info
- Gear Check Bag w/ Tag or Name/ID
- Timing Chip / Tag

## Clothing & Shoes

- Shoes
- Inserts/Orthotics
- Socks
- Compression Gear
- Shorts
- Underwear / Briefs
- Shirt / Top
- Sports Bra (Women, obviously)

## Cold Weather Gear

- Hat / Beanie
- Gloves / Mittens
- Pants / Tights

*If mildly cold at start:*

- Junk Long Sleeve Shirt (Throwaway)
- Poncho or Trashbag (Throwaway)
- Gloves/socks(cheap mittens) (Throwaway)

## Accessories

- Watch / GPS
- HR Strap
- iPod (Charged)
- Headphones
- Hat / Visor
- Sunglasses

## Nutrition, Body Stuff & Toiletries

- Pre-Race Hydration in disposable container
- Supplements (Pre-Race) in baggie
- Supplements (During Race) in baggie
- Fuel Belt / Water Belt
- Bodyglide
- Sunscreen
- Nip Guards (Men)
- Toilet Paper in Baggie (for Start)
- Medications (non-supplements)

## Gear Bag - Post (and Pre-) Race

- Sandals or Shoes
- Change of Shirt
- Food and/or Drink
- Supplements, Post Race/Recovery
- Camera
- Batteries, Charged
- List of Ph #'s (if you don't check phone)
- Cell Phone

## At Home (Day/Night Before)

- Load & Charge iPod / Music
- Pre-Race Drink mixed & chilled
- Plan / Pre-prep Breakfast
- Lay out clothing and all gear
- Finalize wake & travel schedule
- Set alarm! Set 2<sup>nd</sup> alarm ;)
- Plan Transportation (Public, Gas in Car, etc.)

## Additional Notes & Tips

- Tip! Get to Expo on Friday (2 days prior to race) to avoid congestion and allow rest Saturday (1 day prior)
- **NOTHING NEW!!** Do not risk you, your head, your body or anything else with trying that gimmicky thing you saw at the expo the day before.
- Plan and prep **EVERYTHING** the day before. Do NOT save anything for race morning except running!
- Last major meal 12hrs before race start. Night snack if needed. Light breakfast 2-3 hrs prior (snack if under 1.5hrs prior to race)
- Think **Positive** and nothing but **Positive** from here on out!