

Race Day Checklist

Set Out the Evening Before the Race

- Marathon details (be sure to reread night before race)
- Directions to expo
- Directions to race start
- Directions to parking garages. . . .
- Tried & true outfit:
 - shirt shorts/pants socks hat undies/sports bra
- Running Shoes
- Garbage bag/throw away to keep you warm before race
- Weather Appropriate Outer Garments
- Bib (fill out the emergency info and pin it on the night before!)
- Lubricant (BodyGlide, Vaseline, Aquaphor etc.)
- Sunscreen, lip balm
- \$20.00 in your pack, extra cash/credit card for parking. .
- Sunglasses
- Watch or GPS (make sure it is fully charged!)
- Nutrition for during race (Gu, Chomps, Stingers. . .)
- Electrolyte capsules/tablets (if you use them)
- Hydration Belt/Pack (fill it the night before!)
- Band-Aids or Nip Guards
- Extra Safety Pins (in case of a wardrobe malfunction)
- Toilet Paper (just in case they run out!)
- Water bottle to take to the start
- Nutrition before the race
- Headlamp (early start)

Pack for After the Race

- Change of clothes
- Jacket or sweatshirt
- Comfortable shoes or sandals (Coach Jerry loves the OOFOS OOah Slide)
- Food if you don't like what they have at the finish
- Hairbrush
- Baby wipes/Towel
- Plastic bag for dirty clothes, etc.
- Biofreeze, chafing soothing cream

Other items to consider if race in an unfamiliar city

If you are traveling to an unfamiliar city, keep your eye on the forecast, but pack for any possible weather situation. These are items you might want to consider bringing with you on your trip.

- Race Confirmation
- Hotel Confirmation and driving directions
- Directions to Expo, Race Start and Parking
- Plane Tickets
- ID (passport if necessary)
- Empty water bottle for the plane (fill up after security)
- Healthy snack for the plane
- Course Map
- Area Map
- Area Guide for restaurants and attractions
- Food you usually eat for breakfast before running
- Camera
- Toiletries
- Street Clothes and Shoes
- Ear Plugs
- Travel Alarm

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