

BEFORE RACE DAY CHECKLIST

FOR BEGINNERS AND ADVANCED RUNNERS

1. Pre-Race Preparation (Night Before)

- ☐ Running gear (shirt, shorts/tights, socks, and shoes)
- ☐ Charge smartwatch/fitness tracker
- ☐ Pin race bib (if already received)
- ☐ Hydrate and carb-load moderately
- ☐ Review race route and parking directions
- ☐ Set alarms for race day

2. Race Morning Essentials

- ☐ Running shoes (double-check)
- ☐ Running outfit (weather-appropriate)
- ☐ GPS watch for pacing
- ☐ Pin race bib and Timing chip (if already received)
- ☐ Snack (banana, oatmeal)
- ☐ 2-3 energy gels (strategic use during race)
- ☐ Water bottle or electrolyte drink
- ☐ Headphones (if allowed)
- ☐ Sunscreen and running cap (if sunny)
- ☐ Small towel (for sweat or light rain)

3. Post-Race Recovery

- ☐ Snack (banana, oatmeal)
- ☐ Spare clothes for post-race or recovery shoes
- ☐ Foam roller or resistance bands (optional)