

Race Prep Checklist

Fleet Feet Sports Saint Louis

Day Before

- Pick up race number and packet. READ RACE INSTRUCTIONS.
- Be sure to hydrate and eat a high carb meal the night before
- Lay out your race day clothes, pin race number to FRONT of shirt
- Gather additional items you need during the race:
 - Sunglasses or a hat
 - Old, disposable T-shirt to stay warm before race (discard at start)
 - Toilet paper
 - Energy gels or alternatives
- Gather items for bag drop:
 - Change of clothes
 - Change of shoes
 - Hand towel
 - Jacket for pre/post race (you never know)
 - A snack you like (Mmmmm...potato chips)
 - Body Glide, Nip Guards (gentlemen), Blist-o-Ban (for blisters)
- Cell phone to find your cheering section after the race (this one is up to you)
- Determine a place to meet family/friends after the race
- Determine where you will park on race day
- Set an alarm and a back-up
- Try to get some sleep

Race Day

- Get up and eat/drink something a minimum of 90 minutes prior to the race start.
NO NEW FOODS on race day!
- Arrive early and find a porta-john line (yes, there will be a line until the start of the race)
- Drop your bag at bag check
- Hit the porta-john one more time if you have to.
- Find your pace group and place yourself in the correct start corral. These are separated by pace and marked by pace signs.
- SMILE! You don't know who might be taking your picture!
- Enjoy the race – you've worked hard to get here!

Race Day Preparation and Tapering

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The week prior to the race

This is when doubts start to arise - did I train enough? You cannot make up training in the last 2 weeks. You will not de-condition while you are tapering. If you put in the training, you are ready.

Now that you have this free time, because you have decreased training, get extra sleep. Your body will really appreciate it. Even if nervousness precludes a sleep the night before the race, extra sleep during the preceding week will make up for this.

Make sure that you are well hydrated prior to the start of the race. Drink a lot of water and sports drink during the week preceding the race.

Eat a high carbohydrate diet all week. This will help maximize your glycogen (energy) stores. Don't experiment with new foods this week.

Make sure that you have tried out the electrolyte drink that will be used during the race.

Review the map of the course. Visualize yourself cruising along the course, enjoying the trip.

The day prior to the race

Lay out the clothing that you will wear. Do not wear a new outfit for the race. 13.1 miles is a long way to run if something is chafing you. A clothing tag can become a painful adversary very quickly.

Don't wear new shoes in the marathon. Wear a pair that you have worn during a few long runs (as long as they did not create any problems).

Be prepared for anything. Fill a gym bag with the essentials: a dry shirt, an extra pair of socks, tissue (you never know when the porta-john supply will run out), Body Glide, extra safety pins, blister care products, and whatever else you chose not to live without. You can throw your sweats into the bag prior to starting the race. Most races have a baggage check area.

Make sure that you have picked up your race number. Don't spend hours on your feet at the race expo. If possible, pick up your number early.

Don't eat too late at night and make sure that you are well hydrated.

Plan when you will leave, how you will get to the race and where you will park. You don't want to get lost prior to the race.

If you did not tolerate the electrolyte drink, which will be used during the race while training, plan on a source of calories - GU, Sport Beans, carry a water bottle or camel back filled with favorite replacement drink. Friends along the course may be able to restock your supply.

Review the map of the course; know where water stops, aid stations and porta-johns are located.

Race day

Get up early. Plan on arriving at the start at least an hour before the race. You do not want to feel pressured for time before the race.

Take in some calories! Whatever worked prior to your long training runs is a good idea. Make sure that you are drinking water/sportsdrink, too.

While getting dressed, lubricate any areas in which chafing has been a problem. If blisters or hot spots have been a problem, treat the site (Spyroflex, moleskin, or whatever has worked during training). Don't forget to pin on your

number on the front of your shirt. Tie your Champion Chip to your shoe, if the chip is being used for the race.

No matter what the temperature is when you get up, chances are that it will increase during the race. In addition, you will generate a lot of heat while running. At the start of the race, you may wear old clothing that you can discard once you are warmed up; old socks work well on the hands. Garbage bags do a fine job in inclement weather. When you discard anything, do not throw it in the path of another runner.

Arrive at the start planning to find a line at the porta-johns. Since you have time to spare, there will be no need to panic.

Don't worry about a warm-up run. Walking from the car will loosen you up a little. You may want to do some easy stretching (if you are used to this).

Just before heading to the starting line, take off your sweats and check your gym bag. Now head to the start and situate yourself in an appropriate area in the pack. Don't worry about starting too slowly; it will give you a chance to warm up your muscles and save you from the agony of starting out too fast.

Make sure that you have secured whatever food and or drink that you are bringing with you.

You have worked hard to get here. Enjoy the adventure ahead.

During the race

Drink at every water station. Do not wait until you are thirsty - that is too late.

Start slowly; a fast start usually spells disaster. You can start running faster later in the race.

Finish with a smile on your face - someone may be taking your picture.

After the race

Be proud of yourself! You have accomplished an incredible goal!

Drink; even though you drank during the race, you will still be a little dehydrated.

Replenish carbohydrates. There is a 2-hour window following a hard effort, during which absorption of carbohydrates is enhanced. If you can't eat them, then drink them. A little protein mixed in improves recovery.

Keep moving. Go dancing, take a walk, do something. This will diminish a lot of the post-race stiffness. Stretch gently.

Put ice on anything that is sore. Apply for 15 minutes several times over the course of the day.

Don't plan on running a few days after the race. Walking, swimming or cycling at an easy pace will work well.

You may find that a massage is helpful for post-race stiffness.

When you resume running, start easy. 30 minutes 3-4 times per week and increase gradually from there.

Start planning for your next race! Review your training - what worked well and what presented a problem. Adjust your training schedule accordingly. Experience is the best teacher.

Bag Drop Bag

Post run shoes, slides, sandals

Something to change into after the race (watch the weather)

A snack you like (Potato chips...mmmmmm)

Cell phone to help locate your family/friends (it's up to you)