



YOUR RACE DAY CHECKLIST

- Spotify race playlist (available offline) if you like to run with music.
- Line up support for the final kick: Position friends and family along the last few kilometers to help push you to the finish line.
- Know where your running crew will be standing on the course so you know when to smile for your new Facebook profile pic. ;-)
- Enough carb gels or gel chips to have some every 6 or 7 km (30 to 40 min.).
- Have you memorized the splits you want to run? If not, write them on your arm.
- Race number belt or safety pins for your race number.
- Timing chip and velcro strap for the chip.
- If you are planning to run in a group, make sure the time and meeting place are clear.
- An extra shirt for after the race.
- Your running watch is charged.
- Tape to cover your sternum in case your heart rate chest strap rubs against your chest.
- Vaseline to rub on your sports bra or tank top line and in between your legs as well as tape for nipples (for men) to prevent chafing.
- Leave yourself plenty of time in case the streets are closed and it takes longer than usual to get there.
- Go to the bathroom again before the race.
- Money for the bus or subway in case something goes wrong.