

Tips for finishing a race (start to finish).

1. Don't do anything before the race or during the race that you haven't already done in practice.
2. Know what you are going to wear race day.
3. Know what you are going to eat race day.
4. Know how you are getting to the race.
5. Look at the race course (check for water stations and bathrooms, as well as where the hills are).
6. Wear your lucky socks (or whatever you think will work).
7. If you're comfortable before the race starts, you're dressed too warmly.
8. Wear something disposable at the race start.
9. Pick up your race day packet before race day.
10. You don't need a giant water bottle, there should be water on the course.
11. Smear petroleum jelly between thighs, nipples, bra line.
12. Wear a pace band. Even if you don't use it, you'll have it!
13. See Rule #1.
14. Write down the name, word, or catchphrase on your arm that is inspiring to you.
15. Double-knot your shoelaces.
16. When the gun goes off, hoot and holler. This is it!
17. Re-assess after the first mile – did you start too fast?
18. Remember, this is fun.
19. Thank a volunteer.
20. High-five a kid.
21. Alternate between water and electrolytes at the drinking stations.
22. Halfway through, eat!
23. Control your breathing. Take three steps, inhaling; take three more steps exhaling.
24. It's ok to walk. Fight the urge to give up.
25. Start counting the miles left halfway through.
26. Smile.
27. Race against yourself. This is it.
28. Keep your head up.
29. Exaggerate your arm swing, lift your knees, breathe.
30. Don't wait for the finish line to pick up your speed.
31. Don't cut people off.
32. What's your mantra? Use it now!
33. Encourage other runners.
34. Clench and unclench your fists. Stretch your feet/legs/arms. Remember why you are doing this.
35. Dig deep – yell if you need to...time to finish.

See you at the FINISH LINE.