

Race Week Checklist for travel race

- Travel considerations:
 - Read through list for things to pack for raceday
 - Extra run clothes/shoes?
 - § Check weather to see if you will need warm clothes for start-long sleeve to toss, gloves, etc
 - Be sure to pack BIB or other race stuff if you received it early
 - § BIB boards, anything you will attach to race gear
 - Sunscreen
 - Special foods if you have particular pre-race meal/diet restrictions
 - Check for local restaurants that will offer what will not upset your stomach before race day
 - Transportation to and from race-rental car or make sure Uber or taxi available
 - Arrive at least a day early to shake off travel jet lag or stiffness
 - Nutrition and hydration products, pack extra!
 - § Ziploc bags if you need them
- Mid week:
 - Make sure you have clothes ready for race day
 - Nutrition purchased and set aside
 - Start “good carb” loading
 - Thursday/Friday active or total rest days
 - Figure out transportation plan for race day
 - Tell friends to cheer for you-you will appreciate it more than you might realize
 - If friends will be along course, maybe ask to hold items for you
 - § If so, plan what you might need-ie extra nutrition, socks etc
 - Stop obsessively looking at weather LOL
- 2 days before race

- Get a good nights sleep
- Plan Saturday meals
- Last minute check for gear/nutrition
- Attend expo today or Saturday-see me Saturday if you are there between 1-3
- Day before race
 - The day before the race
 - Lay out all clothes for race day-nutrition-gear-shoes
 - Take time to mentally go through race itself, remembering where things are
 - Gear bag packed:
 - § Change of socks/comfy shoes for post race
 - § Change of shirt/shorts if you want
 - § Extra hat if needed
 - § Nutrition for extra post race fuel-RX bar or something
 - § Anything you can think of you might need for post race
 - Last big carb meal for lunch
 - Lighter dinner so tummy not overly full for race morning
 - Phone/headphones fully charged
 - If using music, get playlist finalized
 - Post pics on social media, so you friends who you may not always see can cheer for you and post the message “I will finish” or “I got this” or “Let’s go!” mentally preparing your mind for the big effort
 - Last minute check in with coach if you need it, I am a text away all day
- Race day!!
 - Up earlier than you think-at least 30 minutes earlier than your normal long run day
 - § Check electronics for full charge right away incase you need to do it
 - Eat something with carbs/protein at least 1+ hour before leaving so it can start digesting

- Coffee or other stimulant if you need it
- Peppermint roll on around belly to start digestion process
- Last minute gear check, confirm transportation plan
- Plan to be at start line at least 30-60 before race start (marathon 8am, 10M 7am)
 - § Foam roll or massager before leaving to get blood flowing to those legs!
- Start getting dressed at least 30 minutes before planned leave time in case anything needs last minute adjusting
- Arrive at start line:
 - § Bag drop
 - § Bathroom
 - § Pre-race nutrition if needed.
 - § Warm up
 - § Deep breaths ITS GO TIME!!!
- Line up in assigned corral post on social if you like, but have it done before national anthem, so you are ready to go when your corral starts running
- Trust your training! You are ready to do this
- First third, do not take it up too fast too early or you may burn out, this part of the race is for thinking and planning your race-keep on your fuel plan
- Second third, your body is taking over, you are in your zone and pacing towards goal paces-keep fueling-pickle juice at mile 13-it'll be not so tasty, but so good for muscles
- Last third, fight through mental blocks, minor pains-engage the crowds for support, they are out there cheering for you! Take that as fuel to keep pushing!
- Congrats! Another successful race!!