DOJIGGY



Tips for Having a Great Event Day

You've worked hard to gather donations for your cause. Now, honor yourself and all that have supported you by having the best event day possible. The following will help boost your energy, and keep unwanted accidents from happening.

- Don't be late. Plan to arrive early in case there is a line or crowd during registration. No need to create extra stress.
- Be prepared. Know where you are going, print directions or copies of the event schedule, review details about where to sign in, etc. (Make it easy on yourself)
- Eat a good breakfast. You'll need fuel to keep your energy going.
- Where comfortable and supportive shoes; don't wait until event day to break in a new pair. Make sure your shoes will not cause blisters, or cause pain post event.
- Protect yourself from the sun – wear and bring extra sunscreen. We also recommend wearing a hat, or visor, and using sunglasses to protect your eyes.
- Stay hydrated. Make sure to drink plenty of water or sports drinks to avoid dehydration and headaches. Hydrating before event day will help as well.
- Don't push yourself too hard – It's okay to reach for your best time or distance, but make sure you don't over do it! Training before the event will help you to set appropriate goals and avoid race day injuries and exhaustion.
- Take lots of pictures so you can post photos on your Facebook page, update your fundraising website, etc.
- Acknowledge supporters who attend the event. Waive, say "thank you" in person, etc.
- Acknowledge the event organizers and volunteers who are working hard to make the event a success.

- Bring your smile & have fun!