



Race Tips for a Marvelous Marathon

Clothes

- Don't wear new clothes on race day; wear your WCRR shirt & uniform you've trained in
- Pin your bib number on your WCRR shirt the night before
- Lay your clothes out (including shoes & socks) the night before
- Put chip on your shoe (if used) the night before
- Remember your sunglasses, hat & sunscreen

Pack these extras for your Bag

- Towel, shirt, sweatpants, socks, flip flops (for after race)
- Food (bagel, banana, bar, etc.) and water
- Antacid tablets/Imodium, Tylenol, Vaseline/Body Glide, sunscreen
- Toilet Tissue
- Safety pins, pen, ID, plastic bag for wet clothes

Sleep

- Get plenty of sleep during the week, as you may not sleep well the night before the marathon. This one night's bad sleep is OK!

Food/Hydration

- Don't try anything new the night before (e.g., Thai food, extra garlic, etc.)
- Hydrate well for several days leading up to the marathon (check the color of your "output")

Expo

- Get to the expo Early FRIDAY and then get home & rest
- Try to stay off your feet as much as possible the day before the race.

Dressing

- "Lube" up areas prone to chafing
- Don't overdress. If you're warm at the start, you're probably overdressed.

Leave EARLY for the race

- Traffic will be bad – you want to remain calm before the race.
- Give yourself plenty of time to get to START line (and to the port-a-potty lines)
- MEET adjacent to CORAL 4-5 in the park just off 6th Ave. ALL TEAM MEMBERS SHOULD MEET HERE.
- You will be directed to your corals and drop-bag trucks 20 minutes prior to race start.



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Pace

- Don't start out too fast; you'll regret it later if you do. Run the first couple miles ~15 seconds slower than your marathon pace,
- Then settle into your marathon pace and try to pick up the pace in the final miles when you know you can finish.
- Run your own race. Cut the string to training friends.
- Be prepared to modify your race plan if it is too hot out (ok to walk too)

Mental Tips

- Relax (shoulders, arms, butt kicks)
- Remember your Mantra. e.g., "I can do this" "Go-Joe-Go" "5K finish pace"
- Visualize
- Breathe

Hydration/Fuel During Race

- Follow what you've been doing on your training runs. The marathon is not the time to experiment with anything new.
- If you've been using gel in your training, go ahead and use it in the race, Otherwise don't use it now!
- Stay hydrated with H2O & electrolytes. It's a good idea to drink fluid at every aid station to stay well hydrated.
- Friends/family planted on course with stuff for you (nothing new please & thank you).

Course Info

- When running on the 163, try to stay on the asphalt and the flattest part of the road.
- Don't get sucked into running too fast on any early downhill parts of the race.
- When people yell, "You're almost there!!" don't believe them unless you can see the finish line!
- Be prepared for the big uphill at 163. The pace will slow for everyone. You will soon be rewarded with a decent
- downhill to the finish line. You can do this.

Remember to Have Fun

- During the race, take time to enjoy the course, the bands, the spectators and the participants.
- Smile and wave to the spectators – they'll give you more energy back
- You've done all the work during the training – the race is the celebration at the end



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Post Race Information

- The pain goes away once you cross the finish line!!
- Stay on your feet walking around for about 15 minutes to create good blood circulation.
- Get something to drink, and try and pick up something to eat right after you finish. Replenishing your body quickly will keep you from experiencing problems later in the day.
- Within an hour or so of finishing, try and eat a nutritious lunch that is high in carbohydrates and protein.
- If your stomach is 'less than great' after the race, warm foods (like soup) will help tremendously.
- Don't forget to stretch & use the Stick every 2 hours after the race throughout the day so your legs recover FAST and you aren't walking around like a Zombie! Where else?