

RUNNING CHECKLIST



PRE-RACE

- Racing clothes
- Race flats & socks (optional)
- Number (pinned or affixed to number belt)
- Warm up clothes
- Training shoes for warm up
- Sports bra if needed
- Pre-race fluid & fuel (gels, chews, etc.)
- Racing fluid & fuel (with hydration belt optional)
- BodyGlide for sensitive areas
- Watch/HR Monitor (optional)
- Warm clothes for cool conditions (vest, arm warmers, jacket, etc.)
- Trash bag to wear until race start (optional)

POST-RACE

- Recovery drink or food
- Gear bag (may have checked pre-race) and plastic bag for wet items
- Change of clothes/shoes
- Compression gear optional (recommended for long travel!)

FOR YOUR SUPPORT CREW

- Plan pre- and post-race meet-up locations
- Coordinate on-course support locations if possible
- Have them hold on to your valuables
- Thank them profusely!