

## Pre-Race Checklist

One week before:
<input type="checkbox"/> Training is done. No heavy workouts, don't play "other" sports where you might get hurt, don't do anything out of the ordinary
<input type="checkbox"/> Hydrate all week
<input type="checkbox"/> Check map to ensure you know way to race. Check start times and estimate what time you need to leave home.
<input type="checkbox"/>
2 days before:
<input type="checkbox"/> Check race day weather and give thought to what you want to wear/bring
<input type="checkbox"/> Easy, short run if needed
<input type="checkbox"/> Meals should be 60% carbs, still hydrating
<input type="checkbox"/> Pick up race kit if a local race
<input type="checkbox"/> Charge GPS watch and empty the saved data
<input type="checkbox"/> Print off pace band <a href="http://www.ottawarun.com/tag.htm">http://www.ottawarun.com/tag.htm</a>
<input type="checkbox"/> Stay off your legs, no big shopping trips.
<input type="checkbox"/> Get a good night's sleep, tomorrow's sleep won't likely be a great one!
<input type="checkbox"/>
Day before the race:
<input type="checkbox"/> Still hydrating and consuming carbs
<input type="checkbox"/> Chip attached to shoe
<input type="checkbox"/> Attach bib/race number onto the front of outermost layer you will be wearing or attach to a race belt (number should attach at lower abdomen area!)
<input type="checkbox"/> Check weather again and decide on gear (socks, undies, tights vs. shorts, long sleeve vs. short sleeved shirt, jacket, hat, toque, gloves, long underwear, sunglasses, watch, GPS, tissues for washrooms, tampons, garbage bag or throw-away shirt for staying warm at start)
<input type="checkbox"/> Pack change of clothes for after the race, including extra shoes if weather will be wet.
<input type="checkbox"/> For longer distances, fill water bottles or fuel belts with your beverage of choice (no red wine!)
<input type="checkbox"/> Get Fuel Belt/race belt ready. Pack power gels or sport beans if needed (DON'T try out new stuff on race day!!)

<input type="checkbox"/> If bringing an mp3, decide on your playlist and make sure batteries are charged
<input type="checkbox"/> Check race website to see if there are any announcements or changes to the race, know your race number if checking in on race day
<input type="checkbox"/> Arrange carpool/pick up times, leaving LOTS of time to get to race site
<input type="checkbox"/> Set 2 alarm clocks to ensure to get up at right time
<input type="checkbox"/>
<b>Day of the race:</b>
<input type="checkbox"/> Take a moment to appreciate the journey you have been on and be thankful for good health!
<input type="checkbox"/> Eat breakfast 2 hrs. before race start. Don't try new stuff. Still hydrating (diluted Gatorade good if you have had it before, if not, stick to water)
<input type="checkbox"/> Get dressed, don't forget to apply body glide and/or sunscreen.
<input type="checkbox"/> Take change of clothes, fuel belt, pace band, watches, mp3, water, ibuprofen, Pepto-bismol, Traumeel cream, confirmation or race # for check in, sunglasses.
<input type="checkbox"/> Drive to race site, listening to good music and singing away the nerves! Hydrating along the way too.
<input type="checkbox"/> Pick up race kit if needed (attaching bib and shoe chip)
<input type="checkbox"/> Make a trip to washroom
<input type="checkbox"/> Bring race goodies back to your car
<input type="checkbox"/> 20 min. before race, sip H <sub>2</sub> O and stay hydrated. Have a power gel if needed.
<input type="checkbox"/> Jog for 8-10 min to warm up. Your body temp will increase and then you can decide if you need to shed a layer (It's OK to run in a shirt and gloves!)
<input type="checkbox"/> Check your bag of extra stuff with race volunteers
<input type="checkbox"/> 10 min. before race, another trip to washroom
<input type="checkbox"/> Gentle stretching, reset watch to zero
<input type="checkbox"/> Smile throughout race, esp. at finish. Raise your arms! Don't look down at your watch until a few seconds later to get best pics!!
<input type="checkbox"/>
<b>Post-race:</b>
<input type="checkbox"/> Accept medal, chip cut off your laces by volunteers
<input type="checkbox"/> Keep moving, stretch
<input type="checkbox"/> Grab munchies and drink lots of water
<input type="checkbox"/> Pick up checked bag and change clothes

Celebrate!! You have achieved your goal!
