



Race Day Checklist

Night Before

- Lay out race clothes (shirt, shorts, socks, etc.)
- Charge fitness watch / phone / headphones
- Set multiple alarms
- Prepare gear bag (see below)
- Confirm race location & parking info
- Hydrate
- Lay out post-race change of clothes
- Go to bed early

Gear Bag Essentials

- Running shoes
- Watch or GPS device
- Headphones / playlist
- Water bottle / electrolyte drink
- Energy gels / fuel
- Towel / wipes
- Sunscreen / Body Glide / Vaseline
- ID & race registration confirmation
- Cash/card (for race-day merch or food)
- Change of clothes & shoes
- Jacket / throwaway layer

Before Leaving Home

- Eat a familiar, light breakfast
- Use the bathroom (at home if possible!)
- Double-check time & route to the race
- Pack your gear bag in the car

At the Race

- Arrive early (at least 60 mins before start)
- Pick up bib if needed
- Use the restroom (again!)
- Warm up (light jog, dynamic stretching)
- Line up in your pace group
- Start watch / app / Strava
- Run your race and HAVE FUN!

After the Race

- Cool down & stretch
- Hydrate
- Eat recovery snack
- Change into dry clothes
- Take a photo!
- Check race results
- Reflect on your performance
- Celebrate your progress 🏆