



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 💪