



Preparing for your Race

What to do

Race day nerves are usually full on. So there are things you need to do the day before you take on your race.

1. Prepare your running clothes. Put out your clothes the night before. Attach your bib with event clips or safety pins. (If you don't know what are event clips, please speak to Anthony Beckett.) Lay it all out in front of you so you can see exactly what you are wearing. Don't forget your hat.
2. Bring spares. Consider bringing a change of clothes, towel and a jacket. Place them in your bag. (Deodorant might be handy, too. Runners don't smell like roses after a long run. Seriously.)
3. Bring tissues. You and your nose will run.
4. Apply Body Glide or something similar before you leave home. This will avoid chaffing around your body.
5. Sunscreen? I'll leave this up to you. If you are running after 10am, then it might be a good idea.
6. Attach your bagging tag (usually attached to your bib) onto your bag. You don't want to be doing this on race day.
7. Ensure all GPS devices are charged and working. Place it next to your running gear so you don't forget it. If you are listening to music, don't forget your headphones.
8. Bring some money. You may want to buy some food/snacks after the race.
9. Remember your nutrition. Bring pre/during/post race nutrition with you. This might include drinks, snacks, gels, fruits... It's basically whatever you need to fuel your run and recovery.
10. Get some sleep. Go to bed at your normal time. Most runners wake up early anytime due to nerves and travel times.
11. Finally, bring a positive attitude. A happier runner is more focused and can achieve more while running. Stress can waste energy and impact your breathing while running.

Your Checklist

Quick Checklist – All

- Running singlet/t-shirt
- Running shorts/(non-see through) tights
- Running Socks
- Visor/Hat
- Running belt or vest
- Watch
- Headlight (for night event)
- Event clips / Safety pins
- Race bib (if sent in advance)
- Running shoes and a spare set
- Pre/During/Post-race nutrition
- Change of clothes
- Disposable raincoat (for rainy days)
- Mobile Phone (fully charged)
- Earphones
- Money
- Towel
- Deodorant
- Sunglasses
- Sunscreen
- Panadol, Nurofen, Strepsils, Ventolin or other medication
- Tissues
- Bodyglide (anti-chafing roll-on)
- Action Wipes (Wipes for athletes)
- Plastic bag for dirty clothes/shoes.

Quick Checklist – Female

- Black undies (if wearing tights)
- Non-chafe bra
- Tight crop top
- Chap-stick
- Hair Ties / Headband
- Sanitary pads, panty liners or tampons