



Race Day Wrap Up

The training is done, and it is time for the big day!! It is very normal to be a bit nervous if not completely scared about your first organized race. To bring down those nerves, first start by calling it a Fun Run. Let's be honest here, none of us are toeing the line to win this 5K, so why not make it fun!! Here are a few tips to make the day go smoothly and help you feel like you have done this before.

1- Number Pick Up

If at all possible pick up your number and goodie bag the night before the race. This will make your morning much smoother on race day and help the volunteer crew as well. Be sure to thank the volunteers, they have put aside time to make this event happen.

2- Wardrobe Check

The night before lay out your clothes you plan to wear for the race. Pin your number on the front of your shirt and attach chip to your shoe (if chip timed). Include all clothes that you plan to wear before, during, and after the event. Don't forget all of the essentials such as running pants, jacket, gloves, hat, Bodyglide, etc. Be sure to remember sunscreen as well if it looks like a sunny day.

3- Hit The Sack EARLY!

You want to be rested for race day, so be sure to go to bed on time. You may have difficulty sleeping the night before, so be sure to get a good night's sleep 2 days before the race as well. Set 2 alarms- this way you know you won't sleep through your wake up call.

4- Eat Breakfast

Before you go to the race, you want to have a small breakfast. Eat what you have eaten before our Saturday morning runs. Give your system 1½ to 2 hours to digest the food before you begin your run. Experience will help you know what to eat and how much without having difficulty during your run.

5- Arrive Early

For most races, you will need 45 minutes to get parked and situated. If you are not able to pick up your packet the night before give yourself an hour because that will take extra time. Make sure you know how to get to the race start, often streets will be closed

for the race so you may need to use alternate routes. You may want to have a map or directions laid out near your race bag and car keys.

6- Get In Line

With race day nerves swelling, you will feel the need to go to the bathroom. Get in line 30 minutes before the start to insure you are able to get relief and still make to the start on time. Most races will have a long line of "Porta-Potties"- they are usually stocked well with toilet paper, but you may consider to bring some just in case!!

7- Start Line Etiquette

With a few minutes before the race, you will want to start to line up. There are many runners with many different paces running this race. Generally speaking the start chute should begin with the fastest runners and finish with those taking it slower. Find your place in the group and error on the side of slower- this will make the start far less stressful.

8- Enjoy Your Run

This is what we have been training for- enjoy!! But, be aware of your surroundings- when you are running, it is easy to lose yourself in your thoughts and forget about the people around you. Run in the middle of the street or path so others can pass on either side if they need to. Be especially aware of people around you during the water stations. Try not to slow down, or start walking, directly in front of someone else who is going faster.

9- Finish Line Smile

Some of the best pictures at a race are those coming through the finish chute. Remember to smile! Stop your watch after you cross that line and your picture has been taken. When you cross the finish line continue walking through the chute area before you stop. They will take a tag off of your number and/or cut your chip off of your shoe. Continue walking to cool your muscles down and grab a bottle of water if possible.

10- Revel In Your Accomplishment

You did it! You committed to run this race and now you are a finisher. Take in all of the compliments your friends and family dish out because you deserve them. Remember post workout nutrition- try to eat within 30-60 minutes of finishing the race. Now go home and relax- maybe look for another fun run in your future...