

# Race Checklist

Race \_\_\_\_\_

Date \_\_\_\_\_

## Week Before

- Review course and elevation maps
- Review aid station locations
- Confirm what food and drink will be available on the course
- Review the weather forecast
- Set race goals and plan
- Review/arrange transportation or parking
- Arrange post-run meet up spot with friends and family
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Race Morning

- Race confirmation or bib number
- Safety pins
- Emergency contact information
- Pre-race food
- Sunscreen
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Post Race Bag

- Baby wipes or towel
- Shoes/Sandals
- Long sleeve shirt or jacket
- Dry clothes (underwear, bra, pants, top)
- Foam roller/ stick
- Pain reliever
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Race

- Shoes
- Socks
- Pants/Capris/Shorts
- Underwear
- Bra
- Tank top
- Long top
- Hydration system (pre-filled)
- Fuel belt (spibelt or flipbelt)
- Fuel (gel, blocks, bars, salt tabs)
- Hat
- Sunglasses
- Road ID or other identification
- Hair ties
- Buff/Bandana
- Lip balm
- Tissues
- Garmin (fully charged) or other watch
- Phone/Camera
- Music (if applicable)
- Sunscreen
- Glide or other anti-chafe product
- Tossable top layer for the start
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Weather Dependent

- Rain jacket
- Wind jacket
- Gloves
- Hat/Ear cover
- Arm warmers
- \_\_\_\_\_
- \_\_\_\_\_