

Race Day Checklist and Timeline

CHECKLIST

- ☐ Bib
- ☐ Deodorant
- ☐ Dry clothes (post race)
- ☐ Fuel Belt (e.g. SPI belt, Flip Belt, etc.)
- ☐ GPS watch (fully charged)
- ☐ Intra-race fuel (e.g. gels, GUs, etc.)
- ☐ Money
- ☐ Phone
- ☐ Post race fuel
- ☐ Post race meeting point with friends/family
- ☐ Pre race nutrition (e.g. oatmeal, banana, peanut butter)
- ☐ Safety pins (to pin your bib on your shirt)
- ☐ Shirt
- ☐ Shoes
- ☐ Shorts
- ☐ Socks
- ☐ Sports bra
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Throw away cloths (e.g. gloves, long sleeve, trash bag, emergency blanket)
- ☐ Vaseline/Aquaphor
- ☐ Visor/Hat

TIMELINE

Time	Activity
	Wake up
	Eat breakfast
	Leave for race
	Park
	Get on shuttle
	Arrive at start
	Race starts

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One-on-One Run Coaching:

www.sugarruns.com/about-coaching