



Race Day Check-List

"Your 'Don't-Forget-Me' Guide"

Pre-Race:

- Race Confirmation
- Bib
- Safety Pins or Belt
- Timing Chips
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Apparel & Shoes:

- Racing Top
- Racing Bottom
- Sports Bra
- Warm-Up Top
- Warm-Up Bottoms
- Jacket
- Hat | Headband
- Gloves
- Racing Flats
- Training Shoes
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Fuel:

- Water Bottle
- Gels
- Recovery Fuel
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Accessories:

- Sunglasses
- Sunscreen
- Anti-Chafe
- Watch
- Headphones
- Hair Tie | Clips
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Recovery:

- Foam Roller
- Compression
- Socks
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*"Run often.
Run long.
But never
outrun your
joy of running."*

-Julie Isphording

