



RUNNING EVENT CHECKLIST

<https://melbournemarathon.com.au/race-week/race-day/>

This link has ALL the info you need for race day

Base Pace. Base Pace. Base Pace.

Push yourself – if you feel like you are on a roll then go for it!! It is likely you will be swept up in the excitement and adrenaline of the day and the extra pep in your step will surprise you! But if you feel yourself going too hard too fast or you are trying to keep up with everyone around you (rather than running your own race) FALL BACK INTO YOUR BASE PACE. You want to finish strong at the end of the run...don't peak too early! A strong and steady base pace is all you need.

Take it all in and have FUN.

Its one run on one day. It is not a defining moment in your life. So whatever happens and however it goes – take it all in and just enjoy the experience! Soak up the energy around you. Laugh at the whacky costumes. High 5 the random supporters on the side of the road cheering you on – AND MAKE SURE YOU THROW YOUR HANDS IN THE AIR WHEN YOU CROSS THAT FINISH LINE!!!

Hydrate Well before Race Day. For our half marathon you will not need to make major changes to your nutrition. I am cautious in sharing information regarding nutrition and racing because there are so many schools of thought on this topic – each with their merits and each easily disproved too. PERSONALLY, I don't 'carb load' the night before – I find that just makes me feel sluggish, bloated and tired the next morning. I will be having steak, veggies and a desert the night before – I suggest you eat a larger serving of what you usually eat and ensure you do not have any alcohol.

Support Crew

Make sure you know what they are wearing so you can spot them in the crowd and have a plan for where you are going to meet them! Most of us will be running with our phones so you should be able to give them a call if you have trouble finding them!

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BASICS BEFORE YOU LEAVE THE HOUSE

Prepare these things the night before so that you are ready to rock and roll in the morning and not running around the house wasting valuable energy on the day!!

Running Gear

Shoes

Socks

Underwear

Anti-Chafe product applied

Phone charged + Headphones

License + ATM Card/Cash

Extra hair ties

RACE BIB pinned onto your singlet/tshirt. Its perfectly fine to start the event with a long sleeve top over your top with the race bib.

***You want to consider how you are carrying license/keys etc. You will need pockets or a running belt. If you have supporters coming with you at the start and finish line this may not be an issue for you.**

****You CAN check a bag in to be collected at the finish line. I HIGHLY SUGGEST you avoid this if at all possible. Lining up to get your bag after an event (when you are likely to be exhausted, sweaty, hungry and just wanting to sit down - is the WORST! Having said that, Steve and I will have no choice but to do so - so its annoying, but a good option! You will likely want warm clothing to change into as well as a snack etc More info about this below!)**

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OPTIONS TO DEAL WITH WEATHER

Throw away long sleeve top

Hat

Sunglasses

Sunscreen applied

POST RACE

Thongs

Dry Clothing (particularly if it might be raining on the day. I also like to be able to take my sweaty t-shirt off and change into something dry)

Wet wipes to wipe sweat from your body

Hand Towel to wipe sweat from your body

Snack + Electrolyte Drink post race

***If you dont have anyone at the finish line, these would likely be things you have in a bag that you can check in at the start line.**

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