

The Night Before Your *race*

Remember to
charge your
phone, watch,
& earbuds!

Clothes to Lay Out

- Socks
- Bottoms (Capris, shorts, leggings)
- Sports Bra
- Base Top
- Top Layer
- Mittens, Gloves, Ear Band, hat
- Arm/Calf Sleeves
- Toss Top (if cold enough)

Remember

- It's ok to hurt
- It's ok to walk or stop, but you have to finish
- You can do hard things
- The first mile is a liar
- YOU ARE A BADASS

Things to Lay Out

- Shoes
- Race bib with pins
- Gear holder (vest, belt) with fuel & pepto tabs
- Earbuds (if not charging)
- Hand warmers

Things to Pack

- Comfy shoes for after
- Change of socks, shirt, & sports bra
- Sweater
- Snack
- Face Wipes
- Anti-Inflammatory
- Hair Ties
- Electrolytes

Take in the AM

- Race bag
- Watch
- Earbuds
- Gear holder with gear
- Water to drink on the way
- Race bib with chip timer
- Phone

Things to do

- Eat a good dinner
- Drink water & electrolytes
- Prep coffee & breakfast
- Foam roll
- GET YOUR BUTT TO BED EARLY