



MIT RACE PREP

What to pack and what to do...
and maybe a bit of what not to do.

At the expo:

- Pick up your bib & race swag
- Enjoy the atmosphere, but don't spend too much time on your feet.
- Take advantage of special offers, but remember NOTHING NEW ON RACE DAY!

The night before your race: Be sure to prepare your gear and lay out everything you need for your race the night before.

- Race Bib & Safety Pins
- Shirt (*pin your race bib on*)
- Shoes
- Shorts or capris
- Socks or compression socks
- Fuel - GU, Clif, etc. Don't rely on the on-course fuel. NOTHING NEW ON RACE DAY!
- Hat - visor, brimmed hat or lightweight beanie
- Sunglasses
- Lightweight throw-away gloves
- Throw-away clothes for the morning - possibly pants, sweatshirt, jacket to stay warm before the race and discard when the gun sounds.

Race morning until the gun sounds

- Pre-race meal - 1-2 hrs before race start. NOTHING NEW ON RACE DAY!
- Hydrate, hydrate - water and gatorade
- Bathrooms, bathrooms, bathrooms...you get the point
- Drive/walk to the race start. Arrive in plenty of time to avoid traffic or any delays.
- Warm up - An easy walk or jog from 0.5-1 mile warm up prior to getting in the corrals will help loosen you up before the start of your race.

During the race

- Trust your training.
- Have a race plan. Stick to your race plan!
- Positive thoughts.
- Don't get caught up with the jack rabbits in the first mile or two. Again, race plan!
- Hydrate early and often!
- Fuel
- Hydrate again.
- Smile.