

## CHECKLIST OF ITEMS TO BRING FOR A MARATHON

### RUN

- RACE SHOES WITH ELASTIC SHOELACES/LACE LOCKS (WILL KEEP LACES FROM COMING UNTIED)
- SHORTS (LYCRA SHORTS ARE LESS LIKELY TO CHAFE THAN NYLON RUN SHORTS)
- SINGLET
- VISOR/HAT
- LIGHT DISPOSABLE GLOVES
- SUNGLASSES
- RACE BELT (YOU CAN PIN YOUR NUMBER TO YOUR SINGLET OR YOU CAN CLIP IT TO A RACE BELT)

### OTHER (REMEMBER, WHATEVER YOU BRING TO THE START YOU SHOULD BE PREPARED TO THROW AWAY)

- SUNSCREEN (DISPOSABLE PACKET)
- A SNACK TO MUNCH ON WHILE WAITING - YOU SHOULD FINISH EATING SOLID FOOD ONE HOUR BEFORE RACE. KEEP SIPPING ENERGY DRINK OR WATER UP UNTIL START.
- WARM DISPOSABLE CLOTHES (IT IS USUALLY COLD EARLY IN A.M.)
- POST RACE BAG TO BE WAITING AT FINISH LINE. MAKE SURE YOU KNOW WHERE IT WILL BE AND WHERE YOU ARE MEETING THE TEAM!
- ENDUROLYTES
- MOLESKIN AND/OR VASELINE. BOTH HELP PREVENT BLISTERS. MOLESKIN ONLY WORKS ON FEET WHILE VASELINE CAN BE USED ANYWHERE YOU MIGHT CHAFE. (MEN MIGHT WANT TO PUT BAND-AIDS ON THEIR NIPPLES)
- RACE INFO PACKET (IF PICKED UP DAY BEFORE)
- POST RACE SANDALS
- TIMING CHIP (ALREADY LACED INTO YOUR SHOES!)