BEGINNER RUNNER GUIDE

THE ULTIMATE RACE-WEEK CHECKLIST

Essential gear & setup so you hit the finish line stress-free!

📌 **Save this guide for race day! Print & check off as you pack.**

- [ ] **1. Race Bib & Safety Pins** — Crucial

  Pick up your bib at the expo early. Pin it to the **front** of your shirt the night before so you're ready to go. **Tip: Write emergency info on the back!**

- [ ] **2. Tested Running Shoes** — Never Wear New

  Stick with shoes you've logged at least 30–50 miles in. **Golden Rule:** Nothing new on race day to avoid painful blisters or aches.

- [ ] **3. Anti-Blister Running Socks** — No Cotton

  Opt for synthetic or merino wool socks (like Balega or Feetures). Cotton holds moisture and causes friction — moisture-wicking is key!

- [ ] **4. Race-Tested Fuel & Hydration** — Fuel Right

  Pack the exact energy gels, chews, or hydration drink mix you practiced during training. Take gels every 30–45 mins during long races (10 milers, half marathons, and full marathons) with water.

- [ ] **5. GPS Watch / Tracker** — Fully Charged

  Charge your GPS watch, heart rate monitor, or phone completely the night before. Set your pacing alerts so you don't start out too fast!

💡 FIRST-TIMER RACE DAY GOLDEN RULES

- **Nothing new on race day:** Gear, clothes, and nutrition should all be pre-tested.
- **Arrive 60 minutes early:** Gives you ample time for parking, gear drop, and porta-potty lines.
- **Start slow:** Adrenaline will push you — hold back in the first mile to finish strong!