

# READY, SET, GO! CHECKLIST

## What to Wear and Bring to Your First Race

Here we are, wrapping up the second week of preseason which means one thing, our first race day is around the corner!

Print out this checklist to help you get ready for your first race day!

**Before packing, check the weather.** Is it going to be hot, cold, wet, sunny? Consider the conditions and modify the list below appropriately so you are comfortable being outside.



### The Night Before Your Race:

- Eat a balanced meal using the Food Pyramid, fueling you for race day
- Drink a couple extra glasses of water
- Get a Good Night Sleep (8+ Hours)

### Race Day:

- Running Shoes
- Comfy Socks
- Shorts (or pants if its cold)
- Healthy Kids Shirt! (or other running shirt)
- Water Bottle
- Pre-Race Snack (Granola Bar, Fruit, Dry Cereal, etc)
- Race Bib (the number you'll wear on your chest - make sure you write your name on the front tear-off portion)
- 4 Pins for the Race Bib
- Positive Attitude!

### Parent List:

- Pack your positive pants (aka a positive attitude) and verbally support your child's effort rather than the result.
- Write your child's first initial, last name, and race division on the tear-off portion of their race bib.
- Pin the race bib on your child's chest, careful not to pin the tear-off portion.
- Confirm the event start time.
- Lead by example and have fun!
- Prepare for weather - we run rain or shine!