



Rockstar RUN SMART™ Running Tips:

Race Day is your opportunity to showcase your race preparations and a celebration of the mental and physical fitness that you have gained during your training. The following tips will help to assure that you've covered the basics and are ready for your best possible run.

IN-TRAINING

PAY EXTRA ATTENTION TO YOUR HEALTH:

- Make sure you start your running journey with a proper path to wellness.
- Consult with your physician prior to training or racing if I have recovered from an illness but experienced severe or prolonged symptoms (even if mild).
- During training, proper rest, recovery, and sleep are vitally important. In addition, stay hydrated and practice eating what you will eat on race morning before your last long run.
- Crosstrain if needed and address any arising injuries immediately. Racing with an injury will only make things worse.
- Take days off from training for rest and recovery.

HAVE A RACE DAY PLAN:

- In training work with a coach or your training devices to develop a desired race pace then practice that pace in the weeks leading up to race day.
- Consider the following and make a plan for all outcomes:
 - What is the weather prediction for race day?
 - What is the terrain – hilly, flat, rolling, dirt and trail or pavement?
 - Where are the aid stations located?
 - What nutrition and hydration options will be available on the course?
- Visualize your race and create/reflect on the goal you have set for yourself.
- Speak with a coach or training partner to plan your week ahead to ensure rest and a proper taper into race day.
- Practice in varying weather conditions so you can feel how temperatures and other weather conditions affect your body when running.

PRE-EVENT

RACE DAY GEAR

- Having the right pair of running shoes makes all the difference! Test a few pairs before and check for areas that might rub, blister, or feel too tight. Laces should be comfortably snug.
- Nothing new on race day is the rule, so don't try a new pair of shoes, socks, or a new running kit on race day. Make sure to do multiple training runs with your planned race day gear to ensure you are ready for race day!

PARTICIPANT FINAL INFORMATION GUIDE:

- Read the Participant Final Information Guide a couple of times prior to arriving onsite. This will help you have a successful event weekend. Pay close attention to what to bring with you for packet pick-up, start line location, information on gear check as well as information on start corral staging on race morning.
- Make sure you have a parking plan for race day to limit the stress for race morning. Planning ahead of time will lead to a successful race day!



CHECK FOR COURSE UPDATES AND STUDY VENUE MAPS:

- Prior to arriving onsite, make sure you review the available course and venue maps to make sure you have the most up to date information. This will help you better understand how the venue is laid out, where to access parking and how you will flow through the start area on race morning.
- Where possible, drive the course to better understand any turns, turnaround points or out and back sections of the course.

PLAN YOUR MEALS AHEAD OF TIME:

- Prior to arriving onsite, make sure to check out local restaurants, eateries and grocery stores in the vicinity of the venue and your hotel. This way you can plan out your meals ahead of time, including dinner the night before race day and create a plan for breakfast race morning.

DURING THE RACE/RACE DAY

RACE DAY NUTRITION:

- Arrive at the event prepared with all your nutritional needs for race day. This would include any hydration, food, or any other nutritional items you plan to use on race day.
- Make sure you have practiced your nutrition plan during your training runs so you have your nutrition plan dialed in for race day.
- Consider utilizing a hydration pack on the run course. This will limit your need to utilize each aid station out on course.

RACE MORNING PREPARATION:

- Have your running kit laid out the night before, including your race bib and any nutrition you plan to carry on race day. This will set up you for a successful start on race day.
- Follow your race plan, including your pre-race meal. Remember to not try anything new on race day.
- Make sure to dress appropriately and be prepared to ditch extra layers of clothes if necessary.

COMMIT TO RUNNER ETIQUETTE:

- Be respectful of other runners and the event.
- Listen to race officials.
- Start in the right place: Ensure you start from your assigned corral or at your designated start time.
- Be aware of other runners when passing.
- Follow road rules: When overtaking, pass on the left; as a slower runner, stick to the right.
- Look around and signal before slowing or stopping. Step aside to get out of the way of runners coming from behind.
- Do not stop at the finish line: move forward to allow space for those coming in behind you.



KNOW YOUR PACE AND LISTEN TO YOUR BODY

- Stick with your planned pace, don't try to run at a pace significantly faster than your training runs. Take walk breaks as needed, especially during aid stations.
- Recognize signs that you are falling off your planned pace, such as higher than usual heart rate, muscular strain or higher than normal perceived exertion. Be prepared to adjust your plan to navigate these challenges. Determine if this is just a momentary challenge or you need to back off for the day.

AFTER THE RACE

KEEP MOVING!

- Cool down and stretch. Keep walking after the finish line for at least 10 minutes. Let the body slowly come down after the highs and lows of the run.
- Get warm. Even on a warm day, having a sweatshirt or long sleeve shirt to wear is important as your body tries to recover from your efforts.

FINISH AND FAMILY MEET UP POST EVENT

- Set a designated meet up location for family and friends' post-race.
- Make sure they know your A, B, and C plans and have a sense of where you may be at specific points of the race.
- It will be best to pick a location away from the immediate finish area to avoid larger crowds

REFUEL AND RECOVER

- Make sure to take in some calories and fluids after finishing. This will aid in your recovery process.
- Eat well after the run to restore your energy.
- Do not forget to continue hydrating post-race and in the few days after race day.

SHAKE IT OUT

- Consider a post-race "shake out" activity the day after the event.
- A shake out activity could be an easy run or just a walk around town. The key is to move your body to get blood flow to the muscles that carried you through the event.
- Consider doing five to ten minutes of light stretching after you have completed your shake out activity.
- Also consider a foam roller to help aid in post-run recovery.