

Race Week & Race Day Checklist

- Final weather check (adjust gear if needed)
- Pack race day outfit (socks, shoes, shorts, shirt, hat/buff)
- Pin bib or attach timing chip
- Prepare and label drop bag(s)
- Charge watch + upload GPX route
- Download offline map / route files
- Pack fuel (gels, chews, bars, salt tabs, backup solids)
- Fill hydration bottles or bladder
- Anti-chafe and sunscreen on race morning
- Prepare post-race bag (towel, sandals, warm clothes)
- Know where and when to pick up bib
- Set 2 alarms (race day wake-up)
- Prepare transportation and parking plan
- Review aid station chart and cutoffs
- Review your pacing and fueling plan
- Final bathroom visit before start
- Deep breath. Smile. You are ready.