



MY RACE DAY CHECKLIST

RACE INFORMATION

RACE NAME

DATE

TIME

PLACE

THE RACE

ESSENTIALS

- Bib number
- Timing chip
- Race entry information
for locations, number pick-up, etc.
- Identification
passport
- Cash
in notes
- Phone
- Prescription medication

RACE GEAR

- Shoes
- Socks
- Shorts / running tights
- Sports bra
- Top
- Jacket
- Safety pins
to pin on your bib
- Gels / food
for during the race

PREPARATION & RECUPERATION

BEFORE

- Rain coat / poncho / bin bag
for staying dry before the start
- Old throw-away clothes
for staying warm before the start
- Bag for the baggage truck
- Music player & earphones

PERSONAL CARE

- Vaseline
or other anti-chafe
- Tissues
- Band-aids
- Massage oil
- Pain relievers

AFTER

- Warm top & bottom
for staying warm after the race
- Drink & food
post-race
- Towel

EXTRAS

- Depending on the weather*
- Hats
 - Gloves
 - Sunglasses
 - Sunscreen

 **And remember...**
GOOD LUCK!

NOTES

Do you train with My ASICS? Don't forget to log your race! my.asics.co.uk