

# FIT SCHOOL

## Race Day Checklist

\_\_\_\_\_ Set out clothes for your race the evening before

Shorts, tights, and/or capris

Running bra

Underwear

Running socks

Running shirt

Race number or chip

Hat, visor, or sunglasses

Warm-up clothes and/or raingear

BodyGlide/sunscreen/lip balm

\_\_\_\_\_ Pack a bag with an extra set of clothes for after the race (set this next to the door).

Shorts, skort, or pants

Bra

Underwear

Socks

Shirt

\_\_\_\_\_ Put any pre-race, during-race, and post-race food you will need, along with a water bottle, in a bag (set this next to the door).

\_\_\_\_\_ Make sure that you have pre-race foods available and ready to assemble.

\_\_\_\_\_ Check the directions to the race and the starting time.

\_\_\_\_\_ Relax, put your feet up, and visualize your perfect race.