

TWENTY-FOUR: The countdown to start-time
From: If the Shoe Fits

The twenty-four hours prior to start time on marathon day are very significant. Enjoy and use them well! This checklist will help focus your final preparation.

- Review your energy replenishment and hydration plan. Familiarize yourself with the course map in regards to water stops and gel distribution. Make sure you have all products you will carry, including your 5K/10K pack or hydration belt.
- Follow the weather forecast closely. Temperatures at start time may vary significantly from the warmer temperatures in the latter part of your event. You may want to make your outer layer a 'throw away'. If wind is forecasted, plan for it with a wind-resistant and breathable apparel piece.
- Prevent chafing by applying Body Glide to vulnerable areas prior to start and wear reliable micro-fiber socks and apparel.
- Have your apparel, socks and shoes laid out before you go to bed on Saturday night. All accessories should be assembled, ready to go out the door with you in the morning. Don't forget sunglasses!
- Affix your running chip to your shoe Saturday.. Make sure your bib and pins are packed with your accessories.
- Eat healthy, carbohydrate rich foods during these twenty-four hours.
- Plan your day in such a way to remain as relaxed as possible. Other than your time at the expo, try to stay off your feet. Enjoy the day and avoid caffeine later in the day and evening if it potentially could prevent sleep.
- Calculate when you need to leave your house/hotel in order to comfortably arrive at the start line area. Get to bed at a time that will allow you adequate sleep.