



IT'S RACE DAY

Tips for Success

by Aura Garver | Aurafitness

Whether it's a "Race", or a "Fun Run", you want to feel great and do your best! Here are several tips to keep you in top form and help make sure that all your hard work getting here pays off.

Take it Easy

Be sure to rest and not train the day or two prior to the event (pros call it "tapering"). This will ensure that your body is well rested and raring to go.

Fuel Up

It's true that carbohydrates are your body's go-to fuel for energy. The night before eat a good dinner that includes complex carbs (whole grain pasta, bread). The morning of the 5K, eat what you normally do. This is not the time to try quick energy gels or anything like that. Stick with what you know works for you (my favorite is a bagel and a banana).

Hydrate

There will be water stops along the way, but ideally, you are hydrated ahead of time. The day before drink plenty of water and the morning of drink about 16 oz. one to two hours prior to the start. Water really is your best choice for a 5K, no "sports drinks" needed.

Sleep

But not too much! Go to bed at your usual time and dream of cheers at the finish!

Tried and True

By now you have probably figured out your favorite exercise clothes. Stick with them. No new shoes for race day- go with what you know is comfortable. Remember that your body heat will make it feel 10-15 degrees warmer outside than it actually is. Layers are wise.

Warm Up

If you usually walk for five minutes before you start running, do some laps around the starting area so you are ready to go...

Cool Your Jets

The most common mistake for new walkers/runners is taking off too fast. Feel the excitement, but then take a deep breath and stick to your pace. If you have anything left in your tank you can finish strong!

Relax, trust your training and ENJOY!!