



MARATHON CHECKLIST

by Coach Greg Minter

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Race day is coming! This checklist will help make sure you have everything you need on race day. Please come see the coach as soon as possible if you have any questions about equipment...we want to have time to solve problems! Everything you plan to wear on race day should be run-tested!

Travel/Check-In:

- If you're flying, pack essential items (shoes!) for the race in **carry-on** luggage; label check-through luggage with your hotel address and phone.
- Paperwork – your registration, receipts, etc. You'll need this to pick up your race packet.
- Travel paperwork: plane tickets (if applicable), hotel address and phone number
- Photo ID, credit card, ATM card

Gear:

Lay out your gear 24 hours before you are scheduled to leave home and double-check everything.

Required:

1. Running shoes. (Wear your shoes if you can; that way they won't get lost!) Insoles, inserts, etc.; all broken-in & run-tested.
2. 2 pairs new or near-new socks.
3. Shorts & singlet (no cotton!). Also jogbra or briefs if you use them.
4. Hat (preferably white, no visors!)
5. Water bottle
6. Long-sleeved shirt
7. Sunscreen
8. Race number & safety pins (for bib)
9. Waistpack (with space for room key, ID, some cash, salt, & gels)
10. Gel(s)...bring a brand you like to use.

Optional:

11. Trashbag (to keep warm at cold starts)
12. Sports wristwatch
13. Toenail clipper and file (don't overdo it the night before the race!)
14. Adhesive tape (nipple guards, problem toes)
15. Knee wraps, braces, orthotics, etc.
16. Sunglasses, regular glasses, extra contact lens supplies, etc.
17. Vaseline, Body Glide, or SportSlick
18. Advil/Aleve or Tylenol (do NOT load up on either)
19. Roloids (good) or Tums (OK)
20. Salt pack (or two) (not tablets! They're too concentrated!)
21. Warmups: jacket, pants (also numbered race bag on race day)

After the Race

22. Swimsuit for hotel pool!
23. Post-race loose shoes, clogs, or sandals that fit sore/swollen feet
24. Blister repair kit