

Some general tips leading up to any race:

1. **Get plenty of rest** - 2 nights before is even more important than the night before - rest up on Friday!
2. **Nutrition** - stay properly hydrated and be sure to eat well
3. **Stretch and foam roll as needed** - don't overstretch or roll the night before or the morning of. Try to roll out more aggressively 2-3 days out
4. **Get some strides in at the end of your runs** - Doesn't need to be a full out sprint, just open your stride up and increase your cadence
5. **Stay relaxed!** - remember that a big part of racing is mental - while it's important to keep your head in the game don't stress too much. You've prepared and your body knows what to do!

Race day - 5-10Ks:

1. **Warm up** - while these races are longer than those on the track, they can still be intense, a 15-20 minute warmup and light stretching will go a long way!
2. **Strides** - doing striders a few minutes before the start will prime your legs for the race
3. **Have a rough plan** - while track races are short and hectic and half/full marathons are long and meticulous, 5-10Ks can be somewhere in the middle. Have a rough plan for how fast you want to run and/or what group you want to be running with, but don't be afraid to adjust on the fly!
4. **Time, time, time** - there are some times where we may find ourselves short on time or scrambling to get to the starting line before a race. (We've all been there.) So if you're someone who gets easily flustered by this, keep the time in mind when warming up and allow yourself some extra time to prepare if you need it, even if your teammates may not need as much time.