

## 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 - Half Marathon:

1. **Relax** - that's it just relax and have fun, you will feel better and run faster as a result
2. **Stick to a plan** - the first few miles will probably feel good regardless of how you race. However, this is an important part of the race and it is easy to mess up your race early.
  - a. **Figure out a goal race pace** and start slower than what you think you can run - that being said, adjust your pace slightly based off of how you feel, and don't stress over splits (7:01 as opposed to 7:00 is not something to fuss over.)
  - b. **Negative splits** are less of a mental challenge and will give you optimism if you think you can run faster later in the race.
    - i. If your goal was too ambitious, you won't have to suffer and slow your pace as much as you would if you went out at goal race pace.
3. **Accountability** - pick some people to run with at the beginning to keep each other accountable
4. **Consider water, gatorade and/or gels**
  - a. Most people won't need to eat anything during the race to well. However, there's nothing wrong with getting nutrition in your body if you think it will help. If you typically get hungry or bonk on long runs, consider at least drinking gatorade
    - i. It doesn't seem like any will be provided, so if you know that you want a sports drink, plan to put it by the side of the course when warming up or run with a gel, fruit snacks, etc. on your person
  - b. **Water stations** - don't drink too much water, but if it is hot it's not a bad idea to drink a little

- i. If you do drink water do **the pinch** - grab towards the top of the cup and pinch it shut, this will allow you to drink while running and not dump the whole thing on yourself (unless you want to of course)
- ii. **\*\*This is always something you can practice on a long run beforehand so you know how your body reacts to different types of fuel while running.\*\***