

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 - Marathons:

1. **Have a plan** - while this may not be solely a race day tip, with a race this long with several hours of moderate effort, it is SO important to have an idea of the route and its elevation profile, and to know where the aid stations are! This preparation will go a long way.
2. **Pacing** - from your long runs, you may have an idea of what pace you'll be capable of going. But as we've mentioned, starting conservatively is helpful, and if it would be beneficial, consider staying with a friend or pacer for consistency.
3. **Know how to fuel** - everyone's body is different, but a general rule is to alternate water and gatorade at aid stations every 2 miles, starting around miles 6-8. Also, check to see whether your race provides gels or Gus (many do), but to play on the safer side, it's a great idea to bring your own fuel.
 - a. **Eating? While running?** - it can be helpful to test out the gel that you'll be planning to use, or whatever brand the race provides, on your last few long runs beforehand to get your body accustomed to it and to see what works for your energy needs.
4. **Save your energy** - if you want to perform optimally and feel good in the last miles of your race, do some dynamic stretching, but no running warmup is needed. And as we've mentioned in this previously, be mindful of your pace - starting conservatively can work wonders for the second 13.1!
5. **Have fun!** - with long races, mindset just as critical as physical preparation! Enjoy your time on the road - it'll help you avoid mental burnout. A smile, and wave to spectators or some exchanged words with fellow racers, can help to keep you feeling energized and refreshed, rather than mentally bogged down from the race grind.