

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 - Trail Races:

1. **Have a fueling strategy** - races on trails take much longer than races over the same distance on the road or track, so make sure to have enough food/drink to be on the trails for a long while! Aid stations should have extra in case you were to need some, but don't be afraid to carry extra gels or even a handheld bottle!
 - a. **Note on aid stations** - they are your friend!! Don't be afraid to stop at them to mentally regroup. They also may have what seem like strange foods to eat during a run - soda, pretzels, fruit snacks, etc. - but don't be afraid to try them! The slower running of a trail race will make it easier to digest normal food, so don't restrict yourself to only gels.
2. **Start conservatively** - especially if it's your first time on the course. Even if you have an elevation profile of the course, that small hill you see later on in the race may be extremely steep, rocky, and/or technical, which will make it harder than normal
3. **Watch your feet!** - depending on the technicality of the trail, you may need to pay more attention to your foot placement to avoid falls
 - a. If you do fall, its ok! Get up, take assessment of any injuries sustained and make sure you are ok and double check to see if you dropped anything (your bib, water bottle, gels, etc.). Once you feel ready to go again, do so slowly, building into the pace you had before.
4. **River crossings** - some races have river/stream crossings. Take your time! Falling into the water (while refreshing) can often cause injury from the rocks below.
5. **Eyes up!** - always look for course markings!!! These are typically things like marks on trees, posts, the ground, or ribbon hanging from branches.