



CHECKLIST

OTHER THAN THE REQUIRED ITEMS, THE FOLLOWING ITEMS ARE ONLY SUGGESTIONS THAT WE THINK MAY BE HELPFUL.

WE SUGGEST YOU SHOP SEVERAL DAYS BEFORE THE EVENT SO YOU CAN RELAX LEADING UP TO THE EVENT KNOWING ALL YOUR STUFF IS DONE. SOME FOOD SUGGESTIONS INCLUDE: BAGELS, PROTEIN BARS, SANDWICH STUFF, PEANUT BUTTER, FRUIT, SNACKS LIKE PEANUTS, WATER, ELECTROLYTE AND JUICE.

THINGS TO BRING WITH YOU:

- REFLECTIVE VEST (REQUIRED)
- HEAD LAMP (REQUIRED)
- FIRST AID KIT (REQUIRED)
- RUNNER ON ROAD SIGN (REQUIRED)
- RACE BIBS / TIMING CHIP (REQUIRED)
- SLAP BRACELET (REQUIRED)
- EXTRA BATTERIES FOR HEADLAMP
- COURSE GUIDE WITH INDIVIDUAL LEGS FOR EACH RUNNER
- EVENT HANDBOOK
- EXTRA RUNNING SHOES
- EXTRA RUNNING CLOTHES
- COMFY CLOTHES FOR WHEN YOU ARE NOT RUNNING
- HAT
- SUNSCREEN
- BUG SPRAY
- ASPIRIN / IBUPROFEN / ETC
- ALLERGY MEDICINE
- SUNGLASSES
- WARM CLOTHES
- WET WIPES / TOILET PAPER / TISSUE
- COOLER / ICE
- TRASH BAGS
- PLATES / NAPKINS / UTENSILS
- PHONE CHARGER
- GPS WATCH / CHARGER
- MUSIC
- CLIPBOARD / PENS