



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:

WATER (WE DO NOT PROVIDE WATER ON THE COURSE)

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

WATER (WE DO NOT PROVIDE WATER ON THE COURSE)