

RACE PREPARATION TIPS

Planning and preparation are key to readiness

1) New shoes one month before marathon

Shop for a new pair of shoes about a month before your marathon. You will have put a lot of miles on your shoes in training and will want a fresh pair. Allowing a month makes sure that if the pair you want isn't in stock, they can be ordered in for you. This also allows you time to try them out to make sure they are good to go—one less thing to stress about!

2) Take extra good care of yourself in week prior to marathon

The week before your race is a critical time. This is the time to make sure you are eating and hydrating well. Sleep is important this week to allow your body to recover from training—especially since chances are good that you won't sleep well the night before the race (not to worry—this is common).

3) Run training runs well in advance

For a half-marathon race for example, I like to have at least one or two 90-minute training runs completed several weeks prior to the race. This gives me the confidence that I have enough of a base to comfortably complete the race on event day.

4) Get everything ready the night before your marathon

The night before my races, I lay out all the gear that I will need to run in and wear post race. Make sure you pack some warm clothes for post race. Pin your race number on your shirt or use a number belt. The more prepared you are the less stress you'll have on race day.

5) Give yourself lots of time to get to the marathon

Allow lots of time to drive and park at the race site. You don't want to be stressed out in a long line of cars close to start time.

6) Use the facilities—even if you don't need to

Check the line-ups for the washrooms and get in line even if they are long and even if you don't think you need to yet. They don't get shorter.

7) Enjoy the experience

Have fun! Very few of us have the potential to win; the rest of us are out to enjoy the experience.

~ Ian Colvine, Experienced Runner & Brainsport Team Member