

## Preparing for Race Day- The Day Before

What to do the day before the race:

Do not change anything in your daily routine including your diet.

Go for a short run to loosen up enough to stretch out.

Eat a normal meal; do not eat anything that you do not normally eat today.

Drink plenty of fluids but do not over drink as you may be up at night often if you do.

Decide what you are going to wear the next day. Do not wear new clothing you have not tried out already!

Have everything you need packed or prepared and ready for the morning.

Check your clocks to see that they are set at the proper time then set your alarm(s) so you have plenty of morning time to do what you need to do.

If you are driving make sure you have enough gas so you do not have to search for a station in the morning!

Go to bed at a normal time and do the things you usually do each night.

Wake up with your alarm; do not hit the snooze button!

Leave at the time you have planned and know where you are heading!