

THE LAST WEEK AND RACE DAY TIPS

1. Tapering schedule.
 - a. This week there is no amount of running that will change your performance.
 - b. Run for fun. Don't train.
2. Read inspirational material.
3. Stay away from stressed out runners. You're stressed out enough without them.
4. Thurs. – Sat. eat more carbs; whole grain pasta, marinara sauce (not Alfredo), potatoes (yams or sweet potatoes), rice (not instant).
 - a. Carbs draw water into muscles making muscles heavier and tighter.
 - b. You will have heavy, tighter muscles for the last 3 days.
 - c. Saturday night avoid salads or heavy dressings.
5. Friday night: get extra sleep.
6. Saturday
 - a. Pin your bib to your shirt or shorts
 - b. Clip toenails
 - c. Lay out everything you need for Sunday
 - d. If unfamiliar with the course, drive it to check out the terrain
 - e. Get to sleep early
7. Sunday
 - a. Tape your feet as you usually do.
 - b. Smooth out the wrinkles from your socks.
 - c. Double knot laces
 - d. Avoid caffeine
 - e. Apply Vaseline or body-glide and sunscreen
 - f. Whatever you do for a training run, do the same before and during this race; i.e., drinking coffee in the morning, eating breakfast, taking gels, drinking, etc.
8. The race
 - a. It's only a long training run.
 - b. The start will be emotional. Adrenalin will make you "jittery." Take slow breaths and relax.
 - c. Don't start out too fast.
 - i. Nervous energy will make you start faster while you do not realize you are running faster than your planned pace.
 - d. The first few miles may feel awkward because of heavy legs.
 - e. Drink according to your needs, as on a long run.
 - i. Hot day: drink more
 - ii. Humid day: drink more
 - iii. Windy: drink more
 - f. You need salt; eat pretzels or drink pickle juice (miles 12 and 20)
 - g. Have confidence in your training – your training will carry you through.
 - h. Late in the marathon, CONCENTRATE on maintaining your pace. FOCUS on crossing the finish line.
 - i. Follow the advisories; check the flags on the medical aid stations.
9. Enjoy the scenery, music and pageantry.
10. After you finish, find your family and friends.