» YOUR PRE-RACE CHECKLIST »

THE DAY BEFORE

- [ ] **Post on social media** to ask for some last-minute donations
  Let people know how close you are to your fundraising goal or increase your target if you're up for the challenge!

- [ ] **Eat regular portions of food** that you are used to for breakfast, lunch and dinner

- [ ] **Prepare your running kit** - clean race clothes, including your timing chip/running bib

- [ ] **Organise** how and when you'll get to the race

ON RACE DAY

- [ ] **Eat a normal breakfast** 2-4 hours before the race
  Think: Porridge, banana and peanut butter on toast

- [ ] **Keep hydrated**

- [ ] **Arrive at least one hour before** your start time to give yourself time to go to the loo, check in your bag etc

- [ ] **Stretch and warm up** just prior

- [ ] **Enjoy!**
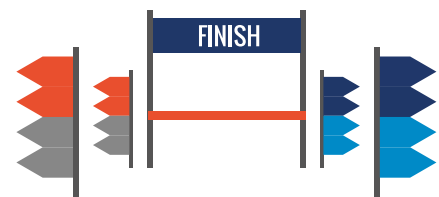
JUST AFTER YOUR RACE

- [ ] **Put on some clean, dry clothes**

- [ ] **Have a snack and move around**

- [ ] **Celebrate** all you have achieved!

- [ ] **Let your supporters know how you got on!**
  Remember to tag @CombatStress #CombatStress