

Rockstar Run Smart™ Running Tips

Race Day is the opportunity to showcase your race preparations - a true celebration of the mental and physical fitness gained during your training. The following tips cover the basics to assure you are ready for your best possible run.

IN-TRAINING

PAY EXTRA ATTENTION TO YOUR HEALTH:

- Make sure you start your running journey with a proper path to wellness.
- Consult your Physician before starting any new training regimen.
- During training, proper rest, recovery, and sleep are vitally important.
- Crosstrain if needed and address any arising injuries immediately. Racing with an injury will only make things worse.
- Take days off from training for rest and recovery.

HAVE A RACE DAY PLAN:

- In training, work with a coach or your training devices to develop a desired race pace then practice that pace in the weeks leading up to race day.
- Consider the following and make a plan for all outcomes:
 - What is the weather prediction for race day?
 - What is the terrain – hilly, flat, rolling, trail or pavement?
 - Where are the aid stations located?
 - What nutrition and hydration options will be available on the course?
- Visualize your race and create/reflect on the goal you have set for yourself.
- Develop and test your nutrition and hydration plan during your training runs so you have it dialed-in for race day.
- Speak with a coach or training partner to plan your week ahead to ensure rest and a proper taper into race day.
- Practice in varying weather conditions so you can feel how temperatures and other weather conditions affect your body when running.

PRE-EVENT

RACE DAY GEAR

- Having the right pair of running shoes makes all the difference! Test a few pairs during training and check for areas that might rub, blister, or feel too tight. Laces should be comfortably snug.
- Nothing new on race day is the rule, so don't try a new pair of shoes, socks, or a new running kit on race day. Make sure to do multiple training runs with your planned race day gear to ensure you are ready for race day!

Rock n Roll

MARATHON SERIES®

PARTICIPANT FINAL INFORMATION GUIDE:

- Read the Participant Final Information Guide several times prior to arriving onsite. This will help you have a successful event weekend. Pay close attention about what to bring with you for packet pick-up. Make certain to understand the start line location and start corral staging as well as information about gear check.
- Make sure you have a parking plan for race day to limit the stress for race morning. Planning ahead will lead to a successful race day!
- We strongly encourage you, your friends and family to download the Rock 'n' Roll Series tracking app to follow your progress on race day and to receive updates.

CHECK FOR COURSE UPDATES AND STUDY VENUE MAPS:

- Prior to arriving onsite, make sure you review the available course and venue maps for the most up-to date information. This will help you better understand how the venue is laid out and how you will flow through the start area on race morning.
- Where possible, preview or drive the course to better understand any turns, turnaround points or out-and-back sections of the course.

PLAN YOUR MEALS AHEAD OF TIME:

- Prior to arriving onsite, make sure to check out local restaurants and eateries in the vicinity of the venue and your hotel. This way you can plan your meals ahead of time, including dinner the night before race day and create a plan for breakfast on race morning. Make reservations or pre-order takeaway for guaranteed efficiency.

DURING THE RACE/RACE DAY

RACE DAY NUTRITION:

- Arrive at the event prepared with all your nutritional needs for race day. This should include any hydration or other supplemental nutritional items you plan to use on race day.
- Consider utilizing a hydration pack or belt. This will limit your need to utilize each aid station out on course.

RACE MORNING PREPARATION:

- Have your running kit laid out the night before, including your race bib and any nutrition you plan to carry on race day. This will set up you for a successful start on race day.
- Follow your race plan, including your pre-race meal. Remember to not try anything new on race day.
- Make sure to dress appropriately and be prepared to discard extra layers of clothes if necessary.

COMMIT TO RUNNER ETIQUETTE:

- Start in the right place: ensure you start from your assigned corral or at your designated start time.
- Be respectful of other runners and the host community.
- Listen to race officials.

Rock n Roll

MARATHON SERIES®

- Make sure to thank the volunteers along the way.
- Be aware of other runners when passing.
- Follow road rules: When overtaking, pass on the left; as a slower runner, stick to the right.
- Look around and signal before slowing or stopping. Step aside to get out of the way of runners coming from behind.
- Do not stop at the finish line: move forward to allow space for those coming in behind you.

KNOW YOUR PACE AND LISTEN TO YOUR BODY

- Stick with your planned pace, don't try to run at a pace significantly faster than your training runs. Take walk breaks as needed, especially during aid stations.
- Recognize signs that you are falling off your planned pace, such as higher than usual heart rate, muscular strain, or higher than normal perceived exertion. Be prepared to adjust your plan to navigate these challenges. Determine if this is just a momentary challenge or you need to back off for the day.

AFTER THE RACE

KEEP MOVING!

- Cool down and stretch. Keep walking after the finish line for at least 10 minutes. Let the body slowly come down after the highs and lows of the run.
- Get warm. Even on a warm day, having a sweatshirt or long sleeve shirt to wear is important as your body tries to recover from your efforts.

FINISH AND FAMILY MEET UP POST-EVENT

- Set a designated meet up location for family and friends' post-race.
- For your estimated finishing time, encourage friends and family to follow you on the Rock 'n' Roll Series tracking app.
- It will be best to pick a meet up location away from the immediate finish area to avoid larger crowds

REFUEL AND RECOVER

- Make sure to take in some calories and fluids after finishing. This will aid in your recovery process.
- Eat well after the run to restore your energy.
- Do not forget to continue hydrating post-race and in the days after race day.

SHAKE IT OUT

- Consider a post-race "shake out" activity the day after the event.
- A shake out activity could be an easy run or just a walk around town. The key is to move your body to get blood flow to the muscles that carried you through the event.
- Consider doing five to ten minutes of light stretching after you have completed your shake out activity.
- Consider a foam roller to aid in post-run recovery.