FOR YOUR NEXT 5K

Be prepared for your next race.

Nothing fancy. A few small things done in the right order make race morning calm.
Use this for any RUNROO 5K, whether it is your first or your fiftieth.

1

RACE WEEK

The week before

- Keep your runs short and easy. This is not the week to test your legs.
- Get good sleep, especially the two nights before. The night before the race matters less than the ones ahead of it.
- Check your registration confirmation and your packet pickup time. Put both in your phone.
- Look at the forecast and decide what you will wear.

2

EVENING

The night before

- Lay out your kit: shoes, socks, shorts or tights, shirt, hat, anything you will carry.
- Pin your bib to the front of your shirt, flat, where it can be read. Do this tonight, not in the parking lot.
- Charge your watch and phone.
- Plan your parking and your route. Know where you are going and how long it takes.

3

BEFORE THE START

Race morning

- Eat what you already know. Race morning is not for trying new food.
- Arrive 45 to 60 minutes early. That covers parking, restrooms and check-in without rushing.
- Check in and pick up your bib and timing chip if you have not already.
- Warm up for about 10 minutes: an easy jog or brisk walk, then a few relaxed strides.

4

ON THE COURSE

During the race

- Start easy. Most people go out too fast. If you feel good at the halfway point, speed up then.
- Find a pace you can talk at, then hold it.
- Take water at the stations if you want it. Walking through a station is fine.
- Say thank you to the volunteers. They are out there for you.

5

FINISH LINE

After the race

- Keep moving for a few minutes. Walk it off and cool down before you sit.
- Drink some water and have something to eat.
- Find your results by email once they post, and in the RUNROO community.
- Share your photos and tag RUNROO. We want to see them.

Join the RUNROO community. Talk with other runners, be first to know about new races and race updates, and find your results. It is free for every runner. Sign up at runrooracing.com/community.