

Considerations for Christchurch

Socks: Avoiding blisters; use only cotton, wool or nylon - no fabric mixes!

Shoes: Clean out any grit, make sure the laces are sitting nicely and there is no loose bits anywhere that could lead to blisters.

Top & Bottom: Shorts and shirt should be soft and light to avoid chafe regardless of weather. If it's cold consider light gloves and a thermal t-shirt under your race top.

Vaseline: The runners best friend; apply it to all friction areas such as armpits, underwear edges, nipples, toes and arches.

Eat Early: To maximise energy stores get up early and eat two light breakfasts.

Drink: Approx one litre in the three hours before the start. During the race drink 1-2 cups at every drink station (every 5k), depending on body weight and air temperature.

Walk: If your only goal is to finish, then consider walking through drink stations to ensure you get the fluid you need. This tactic saves a lot more time than you lose.

Eat Again: If you are racing for more than two hours, consider some sort of energy food. The most convenient is energy gels. One of these every 30-45min will help keep energy stores high.

Pre-Race Checklist

Previous Night

- Shoes - check insides for grit, then smear Vaseline lightly on seams & rough edges
- Race Number - pinned all four corners to shirt
- Shorts, socks & running watch
- Hat & gloves if cold, white cap if hot.
- Vaseline and/or band aids for under arms, crutch, nipples and end of toes
- Water & energy gel for 30 to 60min before start
- Energy gels, if desirable, in small bum bag or belt for out on course
- Mix personal drink if using them
- Make sure you have your timing chip.

Race Morning Checklist

- 6:15am - rise, snack & drink
- 6:30am - shower to warm up muscles
- 6:45am - another snack & drink
- 7:00am - leave for race (allow 30min per 20k)
- 7:30am - arrive at race, park car
- 7:35am - final energy gel or banana & drink
- 7:40am - personal drinks to info desk (42k only)
- 7:45am - drop gear at secure bag area
- 7:50am - final toilet
- 8:00am - short jog to warm up
- 8:15am - line up, stretching while waiting
- 8:30am - Race Start.

NB: this routine is useful for any race. Just adjust the times to suit your start time.
