**ECXC Race Day Tips -**

It is important to be prepared for anything and everything the day of a race. Here are some tips for setting yourself up for success.

***Pack your things the night before to alleviate stress in the early morning.***

**Things to bring-**

· Sunscreen

· Warm up with running pants and long sleeve shirt/jacket (depends on temperature and weather)

· Uniform

· Training shoes to warm up in

· Extra clothes

· Small towel

· Spikes for racing

· Blanket, pillow, etc.

**Food and Drinks –**

***\*Try to avoid junk food and eating a meal within 1.5 -2 hours prior to race time***

· Nutritional options –

bagels, beef jerky (a 1 inch square piece 20 minutes prior to race time may give you an energy boost during your race), fruit (bananas, strawberries, oranges, etc.), granola bars, protein bars, celery sticks (may help settle your stomach), almonds or other nuts, oatmeal, pickles, or any other healthy snacks you enjoy and aren’t too heavy to consume.

\*Pre Race – drink water, sport drink, or a little bit of coffee

\*Post Race – drink sport drink, chocolate milk, water, or whatever drink you enjoy after competing. Try to eat or drink some protein within 30 minutes after races and practice.

\*Make sure to use the restroom at least 15 minutes prior to race time