

## What to Bring with you to the Race

- ✓ **Your uniform** – I wouldn't wear it that morning – it might be a good idea to wait until right before the race to change into it
- ✓ **Shoes & Socks to Race in** – Never wear the shoes you're going to race in to walk around in/warmup in. They will get soaked/sweaty, etc. Bring shoes you don't care about to warmup in.
- ✓ **3 pairs of socks** – Trust me with this...just throw them in a bag and have them
- ✓ **A fresh pair of clothes to wear after the race (including underwear)** – Have something to change into for after the race...
- ✓ **Deodorant** – Do us all a favor with this one...
- ✓ **A Towel** – A couple purposes – to dry your feet off after warming up and changing into your shoes to race and also to wipe yourself down after the race – you'll be soaked
- ✓ **Money** – you can get a shirt at the race if interested...but we're also stopping to eat on the way home...
- ✓ **iPod or some entertainment** – it's a long ride...you can sleep there, but may want to have something for the way back
- ✓ **Food & Drinks** – I'll be bringing stuff, but it might be wise to bring your own personal supply...a lot of water at the very least
- ✓ **Pillow & Blanket** – If you're planning on sleeping on the bus, may be a wise choice...

## Optional Stuff

- ✓ **Gum** – I'm a big fan of gum in hot races – but everyone is different – if it helps you, bring some
- ✓ **Sunblock** – We'll be in the sun a lot – though we will have a tent – if you're sensitive, bring some
- ✓ **Vaseline** – Has saved me a few times from potential blisters, chafing, etc. that I'd rather not worry about in a race...good to have