

## Race Week Tips for your Run

### 1. Be Prepared – Pack the night before

Make a list of everything you need to bring, and set out everything you need the night before race. Avoid any last minute panics by being prepared, so you don't have to think on race day.

### 2. Dress for the Occasion

Wear whatever clothes you would normally wear when running. Don't try anything new on the day. If you do, you may suffer from chaffing, blisters etc. If the weather is cool, I recommend you bring an old jumper/fleece that you can wear and leave at the start line to pick up at the end. Also, if it is raining, bring a large black sack which you can wear over your body to avoid getting soaked. Once again, remove it just at the start.

### 3. Arrive Early

Give yourself plenty time to prepare for the race. This gives plenty time to get organised, toilets stops, warm-up and soaking up the atmosphere. The last thing you want to be is tired from having to race to the start line!

### 4. Be realistic

If it is your first time to run this distance, please don't put a time target on the race. You will have enough future 5ks to beat this time. Set your goal to finish, to run, to feel strong and to keep on going. You have the whole rest of your life to get stronger over the distance. You only have your first 5k once. It will be your fastest ever anyhow so having an unrealistic time target and not reaching it can be very disappointing. Don't put that pressure on yourself.

### 5. Don't Panic

There will always be people who are faster, stronger, more athletic looking than you. Don't compare yourself to them. You are running your own race. Your target is to reach your goal – not their goal. You have no idea how long they have been running. Don't compare yourself to them. Relax, enjoy the start line atmosphere and keep calm. You are well prepared.

### 6. Pace Yourself

With all the excitement at the start line, many people get carried away with pace and start running too fast. If you start too fast, you will struggle towards the end. Learn to pace yourself from the start. It's better to be overtaking people towards then end, than watch everyone running past you. If you start towards the back of the group, you are more likely to pace yourself from the start.

### 7. Bring Some Cheerleaders

Having friends or family along the route can be a great motivator. Not only will they be able to mind your bags when you are running, an encouraging cheer along the route will keep you smiling,

positive and focused. Let your cheerleaders know what a big deal this race is for you, and be sure to give them a wave and smile as you run past them head held high!

#### 8. Keep Positive

There may be times during the race when you feel like giving up. That's normal. Try and remember all the effort you have put in to be here, and how easy it would be not to do this race. Picture yourself finishing the race strong and how you will feel when you cross the finish line. Slow down if you need to, catch your breath, refocus and remember what an achievement it will be to complete it. You can only do your best. Keep focused on your race.

#### 9. Finish with a smile and a sprint

As soon as you are about 200m from the finish line, put on your biggest smile, fix your posture, feel strong and keep your eye on the finish. Feel yourself being drawn towards that finish line. Picture yourself being as strong as you can and enjoy the cheers and clapping as you make your way up the finishing stretch. You will get a second wind, no matter how tough you have found the race.

#### 10. Capture the moment – Take a Photo, Write a Diary, Remember the Day

Congratulations – you did it. Now don't forget what a big deal it is, and how you felt on the day. Ideally write down everything about the day and store it away as a motivating read for your next race. In years to come, you will look back on that race with fond memories. If you can't face writing your story, at least take a photo to help you remember the achievement.