



MarathonTraining.TV **MT** For your best marathon ever!

Online Coaching

Coach Steve & Gary's
Race Day Checklist

- Shoes
- Socks
- Hat/Visor
- Sunglasses
- Running Shorts
- Running Shirt
- Race Number
- Timing Chip
- Watch
- Sunscreen
- Cash (at least \$20)
- Fuel - Gels, Bars, Drinks
- Running Aids (wraps/straps)
- Blister Protection/Anti-Chafing
- Mini Medical Kit (Electrolytes, Band-Aids, Advil)
- Hydration System (optional)
- Tissues (optional)
- Metronome (optional)
- Race Number Belt (optional)
- Rain Poncho (optional)
- Camera (optional)
- Warm-up Clothes (optional)

