

>> YOUR PRE-RACE CHECKLIST >>

THE DAY BEFORE	
	Post on social media to ask for some last-minute donations Let people know how close you are to your fundraising goal or increase your target if you're up for the challenge!
	Eat regular portions of food that you are used to for breakfast, lunch and dinner
	Prepare your running kit - clean race clothes, including your timing chip/running bib
	Organise how and when you'll get to the race Remember we will be there cheering are if you are
ON	RACE DAY you on, so if you are struggling look out for the service of the servic
	Eat a normal breakfast 2-4 hours before the race Think: Porridge, banana and peanut butter on toast our cheer point for some extra motivation!
	Keep hydrated
	Arrive at least one hour before your start time to give yourself time to go to the loo, check in your bag etc
	Stretch and warm up just prior
	Enjoy!
JUST AFTER YOUR RACE	
	Put on some clean, dry clothes

Have a snack and move around

Celebrate all you have achieved!

Let your supporters know how you got on!
Remember to tag @CombatStress #CombatStress