



Race Day Tips Part 1: Relax!



The most important advice we can give to first time racers is to relax. Enjoy yourself. Racing is meant to be a stimulating, memorable experience, whatever the distance and course. It helps to keep things in proper perspective and to use common sense. Even if something goes wrong on your first race - say stomach cramps or your shoe laces come untied...it's not the end of the world. You'll live to run and race again.

Race day tips for a great time.

1. Your Goal:

Your goal is simply to finish. Your first race is for experience, not for the competition. Run it knowing your time will be a personal best.

2. Eating and Drinking:

On Race Day, don't eat anything out of the ordinary. This is not the time to experiment, no matter what you might have heard about athlete superfoods! Nor do you have to be concerned with the carbohydrate loading you've heard is favoured by marathon runners. In fact, for your last meal (taken at least 3 hours before the race start) you might want to eat less than normal, since nervousness could upset your digestive system.

In warm weather, drink 500ml of water 1 hour before the start, and continue drinking every 10 minutes during the race. Don't ever forget heat can kill. Don't try to be a hero in hot races. Adjust your expectations and drink fluids at regular intervals in relationship to the water loss from your perspiration and breathing.