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**Race Day Tips**

Our Fit Families are preparing for the 8<sup>th</sup> Annual YMCA Run/Walk on Saturday, April 26<sup>th</sup>. They are training and have specific goals for a successful 5 K Run/Walk. These are some tips for them and for you to have a healthy and fun race day!

- Get a course map and practice it the week before so there aren't any surprises.
- Get a good nights' sleep and wake up early enough to eat a healthy breakfast.
- Dress in layers! Our weather is unpredictable. Be prepared for any type of weather and watch the news the night before.
- Give yourself plenty of time to check-in.
- Warm up and stretch for at least 15-20 minutes.
- Know where the restroom is and don't wait too long to use it before the race.
- Run at the pace you've trained for. Try to keep it even throughout the race.
- Now is not the time for new! (Food, shoes, drinks, etc.)
- Water is essential during training and on race day. Use the aid stations!
- Safety is always number one! Obey traffic laws and be careful at intersections.
- Lastly, and most importantly, have fun, keep smiling and make a volunteers day and say "thanks" for the help!

Good luck!