

RUNaway Race/Long Run Supply Checklist

Technical running shirt.

Arm warmers. optional.

Shorts or skirt or tights or capris. Compression capris, tights or shorts would be just fine too.

Running Socks. Same ones you always wear.

Running Shoes. The pair you've been training in.

Running Bra. Same one that works.

Body Glide and Deodorant. Inner thighs, heels, bra seams. Wherever. You know you can put deodorant on these places too if the sweat causes you to chafe. Deodorant - not just for underarms! :)

Hair band and/or visor. optional

Sweat band or towel. optional

Sunglasses or Visor.

Athletic Tape or Support Brace. optional

Fuel belt. Equipped with 4 water bottles. Helpful if one or two are Gatorade or an electrolyte drink.

GU or energy chews. Plan on fueling once at mile 6 or twice at miles 4 and 8.

GPS or Timing Watch (CHARGE IT).

iPod AND Headphones (CHARGE IT).

Walk/Run Timer (TEST BATTERIES).

Car Keys. Lay these out with your clothes. You know you won't be able to find them in the morning.

Breakfast. Lay this out too. No sense in searching through the pantry when it's that early. Make it easy. And portable. And light. And "carby". I usually eat my breakfast on mile 1 (a Luna bar) and count it as my first Gu.