

10km Race Day Checklist

Pre Race (Day before)	
Race Details / Check in Information	<input type="checkbox"/>
Vaseline / Glide / anti-chafing lotion	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Lip balm with sunscreen	<input type="checkbox"/>
Hat or visor	<input type="checkbox"/>
Safety pins	<input type="checkbox"/>
Water bottle (hydration solution the day/evening before)	<input type="checkbox"/>
	<input type="checkbox"/>
Race Day	
Running Shoes	<input type="checkbox"/>
Running Top / Shorts / Sports Bra	<input type="checkbox"/>
Socks x 2 (in case 1 pair rip)	<input type="checkbox"/>
Watch, GPS, Heart Rate Monitor	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Gels or sports drink if you've been training with them	<input type="checkbox"/>
Band-Aids / NipGuards	<input type="checkbox"/>
Disposable Water Bottle for Pre-Start Drink	<input type="checkbox"/>
Bin Bag with holes for arms & head to wear pre race if wet	<input type="checkbox"/>
	<input type="checkbox"/>
Post Race	
Fresh socks & shoes (refresh your feet)	<input type="checkbox"/>
Clean t-shirt and shorts/pants	<input type="checkbox"/>
Waterproof jacket/clothes depending on climate	<input type="checkbox"/>
Food / Recovery shake / Hydration drink	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Baby Wipes to freshen up	<input type="checkbox"/>
	<input type="checkbox"/>

5 Things that went well: -

1.

2.

3.

4.

5.

5 Lessons learnt from the event: -

1.

2.

3.

4.

5.