

Race Week Checklist



BEFORE RACE DAY:

☐ Plan your race day outfit and gear and take everything for a trial run.

Seasoned runners always say "never wear something new on race day!" If it's new, you don't know how it will feel (Will it be scratchy? Is it too large and falling off? Is it too small and squeezing where you don't want?). Just don't do it!

- | | |
|--|---|
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Hat/visor |
| <input type="checkbox"/> Socks | <input type="checkbox"/> ID and race belt |
| <input type="checkbox"/> Shorts/leggings | <input type="checkbox"/> Running watch |
| <input type="checkbox"/> Shirt | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sports bra | <input type="checkbox"/> _____ |

☐ Review all the race day information so you're well-prepared!

☐ Pick up your race packet:

Wednesday, July 5 (11 AM - 7 PM):

- Fleet Feet Pittsburgh at Bakery Square (186 Bakery Sq. Blvd., Pgh, PA 15206)
- Fleet Feet Pittsburgh at South Hills (1751 N. Highland Rd., Pgh, PA 15241)

Thursday, July 6 (11 AM - 7 PM):

- Fleet Feet Pittsburgh at South Hills (1751 N. Highland Rd., Pgh, PA 15241)

Friday, July 7 (4-7 PM):

- Market Square, Pgh, PA 15222

ON RACE DAY:

☐ Arrive in time for your event.

Give yourself plenty of time to park, get your race packet (if you haven't already), warm up with Global Human Performance (from 6-6:30 PM), and walk to the start line corral. Reminder: the first 500 participants who visit the Brooks Future Run tent will get a snazzy hat!

- 7:00 PM - One for Fun (the start line corral opens at 6:45 p.m.)*
- 7:08 PM - Corporate Challenge
- 7:10 PM - National Senior Games
- 7:15 PM - Kids of STEEL
- 7:20 PM - Pup Trot
- 7:40 PM - Masters
- 7:48 PM - Unstoppable
- 7:55 PM - RUN Varsity
- 8:00 PM - Pro Women
- 8:10 PM - Pro Men

*If your child is registered for the Kids of STEEL Heat and you are registered for either the One for Fun or Corporate Challenge Heats, you are welcome to drop back to the 7:15 p.m. start time and run with your child.

☐ At the finish line:

- ☐ Grab your post-race gear, including your medal (if you purchased either the white- or blue-level runner packages) and post-race nutrition

☐ After you exit the finish line chute, head back to Market Square for ...

- a cooldown stretch with YogaSix (from 7:25-7:55 PM)
- Kona Ice (from 7-9 PM; discounted prices for runners and their families thanks to Brooks Running Future Run Program!)
- The 4RUN2 booth for all of your merchandise needs

☐ Come back to the finish line to watch the Elites and their awards ceremony.

(Remember to check the back of your race bib for your assigned Elite - if your Elite Derby runner wins, YOU win, too!)

☐ After the race:

- ☐ Bask in your best-mile-ever glory.
- ☐ Meet up with your friends and family in Market Square
 - ☐ If you are one of the Elite Derby winners, make sure you pick up your Chaser Hat at the Brooks Running tent!
- ☐ Snap a few pictures:
 - ☐ MWRIF PR Bell
 - ☐ Podium
 - ☐ Finisher Time
- ☐ Post to social media about your BEST. MILE. EVER. (don't forget to tag @RUNwithP3R and use #LibertyMile, #bestmileever, and #runwithp3r)