



**Pre-Race Checklist and Injury Prevention Recommendations**

**CHECK LIST**

**1. Pre-race meal.** Try to consume the following calories from complex carbohydrates depending on when you are able to consume your pre-race snack or meal. (This is for events over 1 hour in duration):

- 1000 calories when eating 4 hours prior to the event or
- 750 calories when eating 3 hours prior to the event or
- 500 calories when eating 2 hours prior to the event or
- 250 calories when eating 1 hour prior to the event

Serving suggestions for complex carbs in the morning:

- 1 cup instant oatmeal with brown sugar (100 calories) and 8 oz of skim milk (50 calories).
- 1 apple (60 calories) sliced with 2 tbs peanut butter (30 calories) and 2 slices of whole grain toast (120 calories).
- Celery dipped in low-fat dressing (20 calories) plus 10 dried figs (488 calories)

**2. Plan water and fuel replacement schedule for during the race (event).**

Below is a list of recommendations made by the American College of Sports Medicine, for short and long runs, especially when intensity is high and/or humidity is high.

- a. Two to three hours prior to exercise, drink approximately 16-20 ounces of water or sports drink.
- b. Ten to twenty minutes before exercise, drink approximately 10 ounces of water or sports drink.
- c. During exercise, drink at least 10 ounces of water or sports drink every 10-20 minutes. Remember not to drink based on thirst alone. It is not the only predictor of decreased fluid levels.
- d. After exercise, drink approximately 16-20 ounces of water or sports drink per pound of water lost during exercise. (measure your weight in the morning before the event and again after to be sure you are fully re-hydrated.)

**3. Transportation to event.**

**4. Event parking**

**5. Rest room stop**

**6. Time for mental focus (positive thoughts - stay relaxed)**

**7. Pre-event warm-up (5-10 minutes)**

**8. Set race pace limits to follow:**

- Heart rate zone and speed

**9. Plan for rapid recovery after race completion.**

- 1.** Spend at least 15-20 minutes walking for cool down after race.
- 2.** Follow post-race hydration recommendations above. Also, try to consume foods with carbs and some protein (approximately 2000-3000 calories over next 24 hours). Make sure you consume some carbohydrates and a little protein during that 1<sup>st</sup> 30-60 minutes post exercise.
- 3.** Stretch after cool down.
- 4.** To minimize muscle and joint trauma follow with ICE treatment to any vulnerable area:

- Ice any problem area for 15-20 minutes every 2 hours daily for the first 36-48 hours.
- Compression – keep injured area snugly wrapped with elastic bandage if appropriate.
- Elevation – try to keep affected area elevated above the heart to decrease blood flow and minimize swelling.

**10. Plan for a couple of good nights rest after your event.**

