



10k Race Week and Race Day Tips

Ceevacs Clinic please bring questions on race preparation to the clinic this Monday. Here are some tips:

1. Training: Volume is decreased the week before your 10k. Do not add new activities (* such as mountain biking for the first time!). Intensity is decreased. Experienced 10kers can add short spurts into their workout at 10k pace effort
Tip: 'Trust the training'

2. The power of sleep! Race week, Monday to Friday try for eight hours of sleep a night. If you can, sleep well Saturday night too. Sometimes nervous jitters and early rising race day cuts back an hour or so of sleep the night before an event. Tip: Set an alarm an hour before for bedtime. Plan to 'un-wind' relax for sleep time.

3. Nutrition & Hydration:

Week of: Unless your diet is entirely full of junk, do not stray from your current nutrition habits. You are not completing a marathon, eating regular meals without overloading is best.

Race Morning: Eat breakfast early! Plan your meal one hour and earlier to the start of the race. I prefer eating two hours to the event. Ask your leaders what works for them.

Water: Drink 16 ounces of water two to three hours before the start. Drink another cup 30 minutes up to race start.

Foods to avoid the day before the 10k: High fiber foods, Dairy Products, Sweeteners can trigger gas, cramping or unexpected bowel movements. Caffeine is okay – There are increasing studies showing that caffeine is okay prior to exercise. However, do not over do it!

Foods to Eat: Here is a link with a good explanation on what to eat prior to a race.

http://www.active.com/running/Articles/The_Pre-Race_Meal When it comes to the pre-event meal, what works for one person may not work for another. Talk to your group leaders, they will tell you what works for them. Take in their suggestion, but don't stray too far from your normal routine. With a week to go, it's not the time to experiment with your diet. Easily to digest is best. For me, porridge or bagel & ripe banana. My 'twin' sis hates bananas before a race; they upset her tummy. Again, stick with what works for you.

Tip: Race day bring your own water bottle to race start. Bring a snack for race finish (Don't rely on event for replenishing)

4. Clothing: Lay the clothing you plan to wear for the 10k out the night before. A simply thing, but how many of you 'experienced' racers have miss-placed your favorite socks (or are they in the laundry hamper)? If you plan to wear the race event t-shirt. Pick it up early, wear it and wash it ahead of race day. Better yet, wear clothing that you are used to wearing. Breathable fabric is best. Are you moving quickly or going at a relaxed pace? If you are 'racing' you'll warm-up quickly. Dress for 10 to 15 Celsius warmer. Going at a slower pace to start, dress in layers. Plan to wrap your extra layer around you or wear an item of clothing you can throw away. The race official's pick-up scattered clothing and donate it to the Salvation Army (or like). Tip: Bring a garbage bag

5. Race Bib: To view click here: <http://www.tc10k.ca/event-updates/your-championchip-timing-system/btag01/> The race bib goes on the front of your shirt, not the back. There is a built-in tracking slip glued to the back of your bib. Do not fold or crumble your bib. *Tip: If you have them, bring extra pins

6. Arrive early: Get to the 10k event about an hour ahead. This allows time to get a good parking spot, check your bag, use the washroom, and chat with team mates. Tip: Walk to race start, know where your start line is ahead of time

7. Ceevacs Team Photo: 7:30 am on the legislative steps Tip: Bring your camera

8. Race-Day Warm-Up: Beginner runners and walkers use the first couple kilometers in the race as your warm-up. Experienced runners and walkers, warm-up about 10-20 minutes prior to the race start. Do not do anything new! An easy jog or walk to establish good blood flow and work-up a sweat.

9. Line Up Properly - There are numbered race start placements according to predicted finish time. Line-up according to your goal finishing time. No one in the Ceevacs clinic should be on the front line!

10. Finish with a smile! Start no faster than goal pace. If this is your first ever 10k event or you are not sure of your finish time, start slow. Enjoy the experience! Smile, LOOK how far you have come! 😊

Questions, contact [Sheron](#)