



OFFICIAL
SPORTS THERAPY PARTNER

Fit for Sport - Fit for Life



UKFAST[®]



RACE DAY CHECK LIST

Food & Drink

- Pre Run Breakfast
- Water Bottle / Camelbak
- Jelly babies/ Gels
- Energy Bar

Clothes

- Tops
- Good Quality Socks
- Sweatband
- Shorts / Leggings

Essentials

- Running Shoes
- Race Number
- Safety Pins
- Pre Run Bathroom Break

Post Race Kit Bag

- Warm Clothes
- Tasty Food
- Recovery Drink
- Mobile Phone / Money

Medical

- Your details back of race card
- Vaseline / Bodyglide
- Tape

Clothes

- Watch or GPS watch
- iPhone / iPod with Armband
- Headphones / Music to run to

W: <http://therapy-first.co.uk/> | E: info@therapy-first.co.uk
T: 0161 796 7226 | M: 07545 767 067