

Marathon Checklist

Race Bib and Pins
Timing Chip (some are on the bib)
Confirmation Email
Shoes
Socks
Shorts/Running Pants
Loper shirt (and a couple of layers if it's cold)
Sports Bra
Gloves
Rain Poncho/Garbage Bag
Headband/Ear Warmer
Hat/Hair Clips/Ponytail Holder
Sunglasses
Sunscreen (try on training runs first)
Water Bottle/Hydration Pack/Fuel Belt/Sports Drink
Kleenex
Chapstick
Gu/Sports Beans/Etc. (estimate one for every 45 minutes; better to have extra)
Hard Candy
Bodyglide
Watch/GPS (make sure it's charged)
Directions
Camera/Cell Phone (put it in a plastic bag so it doesn't get wet)
Band-aids/Mole Skin (just in case-put extra in pack)
Pain Reliever
Anti-diarrheal medication
Prescription Medication (you might be on the road a long time; bring it just in case)
Breakfast (bring what you usually eat before long runs)
Emergency Money (Never know)

Make sure you wear something (shirt or hat) to identify yourself as a Loper. This is needed so we can encourage one another along the course ("Go Loper"). Also, a photographer from the Lopers is generally at the finish line taking pictures of Lopers, so wear your Loper shirt so he knows who you are. He will have the pictures available for purchase a week or two after the marathon. His price is a lot less expensive than what the professional photographers charge and the pictures are much better (closer). Make sure when you are crossing the finish line you look up. The photographers will be above you on a platform. Do not stop your watch until you have passed the finish line (it will only be a 1 or 2 second difference). You don't want to be looking down at your watch for your picture. Smile!

Pre-Race Meals

Starting about two weeks before the marathon avoid red meat, sweets, fried foods, and alcohol

Starting Friday (2 days before the marathon), avoid dairy, be careful of fruits and vegetables, reduce protein, eat more than usual, and hydrate, hydrate, hydrate.

Carbo-loading-the week before the marathon:

*Theory #1-Eat mostly protein Monday, Tuesday, and Wednesday. Starting Thursday, just eat carbs.

*Theory #2-Eat only carbs the whole week before the marathon.

Food ideas

Oatmeal (with blueberries)

Waffles, Pancakes, French Toast (no/little syrup)

Eggs

Bagels-whole grain (with peanut butter)

English Muffin/Bread-whole grain

Graham Crackers

Pretzels

Popcorn (light)

Fruit-bananas

Yogurt

Brown Rice with Chicken or Fish

Black Bean and Rice Burrito

Potatoes (baked, sweet, yams)

Whole Wheat Pasta (with marinara)

Sandwiches (with lean meat)

Salads (watch dressing)

Vegetables

Workouts

If you have any injuries, do not run any short runs the week before the marathon. If you are completely injury free, run 3 easy miles (30-60 seconds slower than usual) Tuesday or Wednesday. If you do weights, use less weight week of marathon. Do nothing after Wednesday.

Get a pedicure one week before the marathon. Do not do it close to the marathon in case skin is accidentally cut or a nail is cut too short.

Get as much sleep as you can Thursday and Friday nights.

Post Marathon: On Tuesday, run 1-2 easy miles. On Thursday, run 3 easy miles. Your pace will be slower for a while. That is normal. Do not be discouraged. Be back every Sunday to rebuild your miles. We do it gradually. Usually increasing by 2 miles a week.