

2bWELL Health and Fitness

5K PRE-RACE INSTRUCTIONS

I hope you are excited about running the up coming 5K race. Each 5K you run is a great accomplishment so you want to be sure that you are ready. Below are some basic instructions to make sure you have all the energy you need to run a successful race and feel good as you cross the finish line.

1. Drink plenty of water the day before so there is no question that you are fully hydrated for the race. Also, have a healthy meal by 7pm the night before with plenty of carbohydrates to ensure that your energy level is high the morning of the race. Some whole-wheat pasta, a sweet potato, etc. are examples of good carbs. Don't forget your protein and **veggies**~!
2. Get a good night sleep! ☺
3. The morning of the race, drink 20 oz. of water before the race and have a good breakfast such as whole-wheat toast or a plain bagel with peanut butter and a banana. These are great carbs for energy to help you cross the finish line strong.
4. Dress in layers, preferably a dry wicking material as your bottom layer and then another layer or 2 on top so you can take them off and wrap them around your waist if needed. Things to have on hand: a hat, tissues, sun block, chap stick, gum and extra water.

Please be there 45 minutes before the race so that we can register if needed and get our bib numbers. We will be stretching approximately 45 minutes before the race and will do a brief warm up about 15 mins before the race to warm up our muscles and get our heart rate up. The run will take us between 26 to 45 mins to complete and cross the finish line!

This is such a great way to start your day, get your exercise in, be part of a team and best of all help a very worthy cause. I look forward to running with all of you!!!

Let's Do It!!!