

Night-Time Running Race

★ Essential Checklist ★

Have a positive night-time race by checking these essentials off your list:

- Bib and/or timing chip
- Sneakers
- Running Gear
- Pre-race nutrition
- Sunblock
- Bug Spray
- Post-race nutrition
- Post-race clothes
- Post-race extras

5 Tips to Have a Successful Night-Time Race

- 1 Plan Meals
- 2 Hydrate
- 3 Watch the clock
- 4 Be organized
- 5 Post-race recovery

Other Notes
