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STANDARD CHARTERED KL MARATHON RUNNING CLINICS SUMMARY

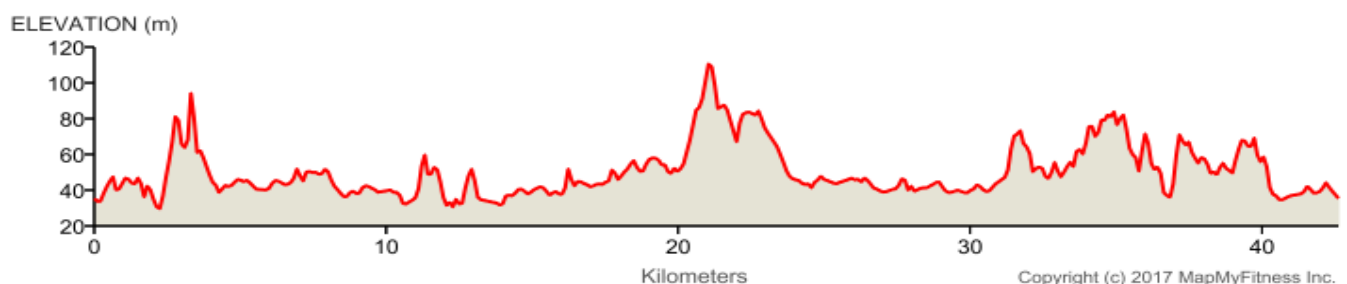
CLINIC 5 – RACE DAY-PREPARATION AND ADVICE

Important Things to Do

- Check your running shoes. The wear on the sole of your shoe should indicate whether your running shoes need changing or not. Remember, never leave it to race day to try new shoes.
- Make sure that you have the correct apparel – light coloured top, hat, sunglasses.
- Try gels (*if you have not tried them yet, then make sure that you do on your last long run which should be on Sunday, the 7th of May*).
- If you have not put in enough training then you really only have two weeks left before you should be tapering (*cutting down on your training*) before the Marathon.

Things to take into account on Race Day

- The heat (*remember that your body sends more oxygen-rich blood to the skin for cooling in hot conditions, leaving less oxygen-rich blood going to your muscles*).
- The course (*you would describe the KL Marathon course as undulating rather than hilly*).



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- Hydration (*due to the normal weather conditions it is essential that you keep yourself properly hydrated. You should drink about 500ml of fluid up to two hours before exercise to allow time for all the body tissues to absorb this water. When you are running, try to stop at EACH drink station to rehydrate.*)

Packing your Bag for Race Day (*Remember, pack it the night before*)

I would always recommend having the following in your race day kit bag:



- Racing trainers
- Travelling trainers
- Racing kit with socks, shorts and running top (with which I will wear to travel in with racing bib already pinned on. Your race bib goes on the front of your shirt, not the back. You can use safety pins on all four corners of the bib to keep it in place). I will wear a light top over my racing top. (Maybe open top hat and sunglasses in case you are running in the hot sun!)
- Running watch
- Towel
- Clothes to change into afterwards
- Energy gels (I aim to take about 3-4 during the race)
- Bottle of water
- Phone
- Money (I always carry RM20 with me during the race in case of emergencies)
- Any anti-chaffing product

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Morning of the Race

Whether you are doing the Standard Chartered KL Marathon, the Honda Half Marathon or any of the 10K races, make sure that you do the following on the morning of the race:

- Wake up early enough to take care of everything you must do (*eat and drink, visit the bathroom, dress, etc.*).
- Depart for the race site with plenty of time to spare, arriving early enough to check your bag (*if applicable*) and take care of any last minute details.
- Stay off your feet as much as possible prior to the race.
- Continue to drink fluids up to 15 minutes before the start of the race.
- Eat your final snack no more than 1 hour before the start of the race. Eat a light meal at least two hours prior to the start of the race, but preferably eat nothing. If you do have to eat, choose something high in carbohydrates and lower in fat, fibre and protein. Stay away from rich, fatty, or high-fibre foods, as they may cause gastrointestinal distress. If I do eat anything, I usually have a plain bagel and a non-carbonated energy drink.
- Don't forget your start times - 4.00am for the marathon and 5.30am for the half marathon.
- Warm up – I would encourage light stretching, especially of any areas where you have had problems/tightness etc. For the marathon, if you are looking at running over 5 hours, your warm up may involve your walk from your car. You don't want to start the sweating process too early in these weather conditions!

The Start

Please try to remember the following at the start line:

- Line up according to your expected pace (*faster runners to the front*). Unfortunately, too many slower runners line up in front of the faster runners. In addition to this not being fair, in a large race, the slower runners can actually create a dangerous situation (*as people tend to be pushed down or slip and fall*). Please be courteous!
- Don't get too caught up in the hoopla by being overly exuberant by yelling and cheering as the gun is about to go off. Save that energy later when you'll need it. Instead, focus on positive thinking.



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Racing

Remember the following when racing:

- Pace (*if you have not worked out how fast you jog, then do so in the next week. – You have to know how fast you run*).
- Remember the pacers (starting at 3.30 for the marathon and 2 hours for the half marathon).
- Race hydration (*stop at every drink station – not too much*) – water in the first 60 minutes, then alternate between sports drinks and water – otherwise you will feel sick.
- Gels – make sure that you take them with water either just before or at a drink station.

After the Marathon

Remember the following straight after the end of your race:

- Straight after the marathon, your immune system is low so avoid close contact with people and keep warm.
- Drink and eat food high in carbohydrates.
- Walk down stairs backwards if you suffer from DOMS – Delayed-onset muscle soreness in the days following your race.
- No running for a couple of days.
- Rule of thumb is full recovery takes one day per mile (eg. 26 days for a full marathon).