As race day approaches, check out the list below to be sure you are prepared. Follow these race-day tips to have the best possible experience. Aroo!

Have fun: See you at the finish line!

**WHAT TO WEAR**

- Lightweight, breathable, quick-drying top
- lightweight, breathable, quick-drying underwear and shorts
- Lightweight, breathable, quick-drying top
- Lightweight, breathable, quick-drying underwear and shorts
- Lightweight, breathable, quick-drying top
- Lightweight, breathable, quick-drying underwear and shorts

**WHAT TO BRING**

- Identification, money and directions to/from the race
- A bag for the rest of your gear
- Extra shoes, socks, underwear, shorts/pants, top
- Bath towels
- Plastic bags for your dirty, post-race shoes, clothing and towel
- Misc. items: wound and chafing aids, snacks, and extra money for beer, food, merch

**MORE VETERAN TIPS**

- Bring on-person hydration, such as a hydration pack, for Super- and Beast-distance races; stash gels, food bars or your fuel of choice in the hydration pack
- Ensure your gas tank is filled up, and have a cooler loaded with your favorite healthy recovery snacks and drinks to snack on as you drive home
- Practice your skills in the SGX festival area. Then get loosened up with a warm-up led by a certified coach at the starting line
- Veteran Tip: Skip the sunglasses and hat
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Try compression style shorts
- Veteran Tip: Compression-style socks that protect the calves completely work best
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Pants your style? Select a compression wicking option
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races
- Veteran Tip: Many elite women run in just a sports bra
- Veteran Tip: Many elite men prefer to go shirtless.
- Veteran Tip: Light, drainable (e.g., mesh) trail running sneakers, with solid traction. Check out the Reebok All-Terrain shoes
- Veteran Tip: A sturdy running shoe will do the trick for stadium races