



# ARE YOU RACE READY?

POWERED BY: **SPARTAN SGX**  
OFFICIAL TRAINING OF SPARTAN RACE

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

## WHAT TO BRING



Lightweight, breathable, quick-drying top

Veteran Tip: Many elite women run in just a sports bra

Put on sunscreen

Lightweight, breathable, quick-drying underwear and shorts

Veteran Tip: Pants your style? Select a compression wicking option

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: Skip the sunglasses and hat

Lightweight, breathable, quick-drying top

Veteran Tip: Many elite men prefer to go shirtless.

Lightweight, breathable, quick-drying underwear and shorts

Veteran Tip: Try compression style shorts

Thin, breathable, quick-drying (i.e., not cotton) socks

Veteran Tip: Compression-style socks that protect the calves completely work best



Identification, money and directions to/from the race



A bag for the rest of your gear

Tip: Put an identifying marker or a tag on the bag to help identify it



Extra shoes, socks, underwear, shorts/pants, top

Tip: Pick your coziest options. Sandals or flip-flops work nicely



Bath towels

Tip: You'll want a dry towel after your post-race shower. Cover your car seat with an extra towel ahead of time



Plastic bags for your dirty, post-race shoes, clothing and towel

Tip: Be sure they are large enough to hold all of this gear



Misc. items: wound and chafing aids, snacks, and extra money for beer, food, merch

Tip: Bring and use sea salt to help with muscle cramping

## 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



Misc. items: wound and chafing aids, snacks, and extra money for beer, food, merch

Tip: Bring and use sea salt to help with muscle cramping