

BELLIN
WOMEN'S
HALF 2018
MARATHON·5K

NUTRITION & KNOW-HOW

Nutrition

Know-How

Pre-Race Planning and Information

Race-Day Hydration: Gatorade Lemon Lime

Race-Day Fuel: Hammer Gel Energy Gels

- Vanilla
- Chocolate
- Peanut Butter
- Orange
- Apple Cinnamon



Pre-Race Planning and Information

Race-Day Apparel

- Moisture wicking
- Multiple options
- Wear ahead of time for “trial run”
- Dress for 10-20 degrees warmer than actual temperature



Pre-Race Planning and Information

Body Lubricant – “A girl’s best friend”

- Try ahead of time
- Any spots that might chafe
- Brand name or simple petroleum jelly



Tapering & Recovery

Taper

- 8-10 hours of sleep for optimal performance
- 10-14 days of tapering
- Last hard/quality workout 10 days before the race
- Race week: overall weekly mileage is cut up to 50%
- Goals:
 - Allow the body to fully recover
 - Top off fuel stores



Recovery from the race

- 7-14 days of easy workouts.
 - Easy paced short runs
 - Take time to work on core/flexibility/strength
 - Listen to your body – take more time if needed
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Train your brain



Imagery

- Imagine all types of race scenarios
 - Sunny and hot
 - Windy
 - Rain
 - Perfect day

Positive thoughts

- Positive self-talk during training
- Positive self talk while racing
- Positive mantra running through your head

We train our bodies for hours per week. Start to train your brain, too, and you will be amazed at the results.

Friday Planning & Inspiration

Packet Pick-Up

- KI Convention Center – Free Parking
- Relays – only one has to pick up
- Noon – 8 pm
- Friday, October 5



Friday Planning & Inspiration



Expo

- Official Merchandise
 - Cow Bells
 - Health & Fitness Experts
 - Other Apparel Vendors
 - “Spirit Sign” Booth
 - Keynote Speaker
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Friday Planning & Inspiration

Keynote Speaker Molly Barker

- Founder of Girls on the Run, International
- Author
- Overcame addiction & mental illness

Dinner

- Pasta
- Salad
- Gluten free options



Saturday Logistics



Getting to the Start Line

- KI Convention Center
 - Parking readily available in Main Street Ramp, Pine Street Ramp and WPS lots north of KI Center
 - Indoor participant gathering area – Expo Ballroom A
 - Gear check – Half Marathon & Relay only
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Saturday Logistics

5K

- 8:10 start time
- National Anthem 7:55 am
- Sendoff the Half Marathoners
- Load corral



Relay

- Both participants to the start line
 - 2nd runner boards shuttle on Adams Street and takes shuttle to exchange
 - No spectators driving to exchange
PLEASE!
 - 1st runner takes shuttle to Fox Harbor or finish line
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Saturday Post-Race

- FINISH WITH A SMILE!
- **Medical**, Water, Heat Sheets, Medallions, **Gear Check**
- Massage in Hagemeister Park
- Bellin Health Physical Therapists
- Post Race Party & Awards Ceremony



Saturday Post-Race

- Post-Race Food
 - Chocolate bars & NA Champagne
 - Wraps
 - Pink Pumpkin Cookies
 - Strawberry Shortcake
 - Chocolate Milk
 - Pepsi products: Klarbrunn Ubr & Bubbl'r
 - Fruit



Saturday Dance Party & Awards

9:30 am – 12:45 pm - KI Dance party

- Hagemester Park Patio, 325 North Washington St
- DJ, dancing
- 1 Drink ticket (soda or beer) will be included in each participant's race packet.

Awards Ceremonies:

9:30 am – 5K

10:30 am – Half Marathon & Relay
