

## 10 Tips for First Time SOAR Marathoners



Tip #1:

Layout your shoes, socks, running shirt and the items you plan to wear at the foot of your bed the night before the race. Get a good night's sleep on both Friday and Saturday before LA!

Tip#2:

**Carbo-loading with pasta and other starchy foods** is a long established practice for distance runners. Have your last large meal before 7p.m. on Saturday.

Tip #3:

**Drink lots of water.** Regardless of how much water you take in during training, it is highly advisable to drink plenty of water before, during and after the race.

Tip #4:

**Drink Gatorade, Emergen-C, or Gu Energy Gel.** Water will keep you hydrated but Gatorade will replenish sorely needed nutrients and electrolytes. Drink Gatorade at least every other water station and more frequently later in the race. GU Energy Gel and Emergen-C will provide a much needed boost at miles 5, 10, 15, 20, and 25.

Tip #5

**Protect against chafing.** Wear some shorts that you know won't chafe. If you've had problems with this issue, consider purchasing some anti-chafing cream or using **vaseline** for those areas where you might have problems. **Vaseline will also be available along the course.**

Tip # 6

**Trash bags** make a suitable wind/raincoat and old socks can serve as throw-away mittens. Coach Sarkissian will have bags available on race morning. Use them to stay warm, and chuck 'em after the start! **Watch Out for the ultimate slippery Sea of Trashbags at the start line!**

Tip # 7

**Avoid going out too fast.** A common mistake amongst runners is the tendency to go out too fast during the early miles. Inevitably, they pay for it later when they cramp or lose steam ("bonk") after the halfway point. By now, you have a good grasp of your sustainable pace. Don't go faster than this during the first few miles. **Use a coach to help you manage your splits!** That's why we're here!

Tip #8:

Have a time goal in mind for each of the first few miles and stick to it.

Tip #9:

Your number one goal for your first marathon is simply to finish safely.

Tip #10

**Relax and have fun!** Realize that the hard part, the months of training you just endured, is over. The race is a formality, a chance to celebrate! Enjoy the moment!

**Good Luck On Sunday!**