Marathon race-day checklist

- [] Bib and pins / race belt
- [] Timing chip attached
- [] Tested shoes and socks
- [] Anti-chafe balm
- [] Gels for the plan + 1 spare
- [] Pace band
- [] Watch charged
- [] Throwaway layer for the start
- [] Breakfast eaten 2–3 hours before
- [] Travel and bag-drop plan
- [] Post-race dry clothes

Notes

Zamanshop.com · Personal and small-business use; please do not resell or share the files.