

MARATHON CHECKLIST

- Running shoes
- High-quality socks
- Lightweight shorts/pants
- Breathable top
- Hat/Sunglasses
- Body Glide
- Extra clothing for finish
- Watch w/ ability to take splits
- Heart rate monitor
- Shoe Pocket for ID/key
- Race number
- Race belt/safety pins to secure race number
- Timing chip
- Sunscreen
- Hydration pack & liquid
- Nutrition: bars/gels
- Post-race change of clothes
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