

RUNNING CHECKLIST

We're here to help, ask one of our FIT experts about these important race day items and more.

Training Checklist:

- Properly Fit Shoes
- Socks
- Insoles
- Sports Bra
- Technical Shirts
- Technical Shorts
- GPS Watch or Fitness Tracker
- Sunglasses
- Nutrition
- Hydration System
- Hat/Visor
- Gloves/Arm Warmers
- Body Glide

Race Checklist:

- Gear Check Bag
- Warm Up/Post Race Clothes
- Compression Apparel/Socks
- Change of Shoes
- Recovery Food and Drink
- Race # Belt
- Race Nutrition
- Race Shoes

When participating in a race, double check the race start time, directions to the start line, and plan a spot to meet up with your supporters before or after the race. This is also a good time to place your race number and timing chip so you're ready to go.

Old Town

1620 N. Wells St.
Chicago, IL 60614
(312) 587-3338

South Loop

150 W. Roosevelt Rd.
Chicago, IL 60605
(312) 788-3338

Lincoln Square

4762 N. Lincoln Ave
Chicago, IL 60625
(773) 271-3338

Elmhurst

124 Schiller St.
Elmhurst, IL 60126
(630) 559-3338

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