

2014 CAP CITY

5K, Quarter &
Half Marathon
May 3rd, 2014

Training Tips



Race Day Etiquette

To make your race a more enjoyable event, follow these informal and unofficial rules of racing. Race etiquette is an important part of your racing experience. Following proper race etiquette will insure that your race goes smoothly and you will enjoy the entire race day experience.

Arrive early on race day

Plan to arrive at least 45 minutes to an hour early on race day. This will give you time to park, jog to the start and warm-up. You will need approximately 20 minutes to warm-up and stretch before the start of the race. You will also need to make a last trip to the portable toilet. The lines may be long at the toilet, so plan accordingly or you may hear the starting gun while you are in the toilet.

Pin your starting number to the front of your shirt or shorts. The number must be visible throughout the race.

Line up in your proper starting position

The fastest runners will line up at the front of the pack. The slower runners will line up farther back. The walkers line up at the back of the starting pack. This is to ensure a safe and efficient start. Make sure that you follow this procedure. The Capital City Half Marathon Race (all distances) will have signs directing you to a certain spot in the starting field, depending upon your estimated pace per mile. Be sure to obey these signs. The start of large races can become very congested and if faster runners are trying to get by slower runners, safety can be compromised.

Fluid & aid stations

Shorter races, such as 5K's and similar distances, will have one or two water stations. Medium distance races like Quarter Marathons will have three or four water stations. Longer races will have even more fluid stations.

Monitor your body, weather conditions and the time you've been on the race course to determine how often you should hydrate. Don't stop at the water station when you are drinking.

Grab a cup of fluid from the volunteer and keep moving. If you stop at the station, the other runners will be unable to get to the fluids. If you are new to racing, you should walk while you are drinking. If you try to run and drink, you will probably spill more than you take in. Practice pinching the top of the cup together and drinking through the small opening. With practice you will be able to run and drink at the same time.

Finishing

As you approach the finish line, make sure your number is visible on the front of your shirt or shorts. If your number is not visible you may not be scored and timed properly at the finish. Pass through the finishing chute that you are directed to and keep moving. Do not stop in the chute. There may be a lot of runners and walkers finishing at the same time and if the chute becomes blocked a real log-jam can occur. Most races are timed by using a tab that is torn off at the finish.

There will be a lot of spectators cheering you on to your finish, so look your best at the finish. Try to put on a burst of speed and give the spectators a wave of acknowledgment. They will appreciate it.

Celebrate Your Accomplishment– You Deserve it!!!

Source: www.runningplanet.com