



RUNTEX UNIVERSITY

## LOGISTICS

Congratulations to all that finished the dreaded long run.

They had a voice of confidence after accomplishing this long run. I recommend trying one this weekend if you were unable to get one in. It will make a big difference in your performance and attitude towards the 10K distance.

With all the training you have put in, you should now concentrate on the logistics of the race so there are no surprises race morning. You should know where to park, where it starts, what time it starts, which race you are in, and where you are going to meet your family and friends at the finish. I recommend wearing your own watch and starting it when you cross the start line and stop it when you cross the finish line, it may take you a few minutes to get to the start line. Take the time to plan out what time to leave so you have plenty of time to park, get to the start and get a good position at the start. Pay attention to the details so you have a relaxing race with no logistical nightmares.

