

Pre-Race Check List: Monta Vista Cross-Country

The Night Before:

- Drink plenty of water during the day and with dinner
- Eat a healthy, well-balanced meal with plenty of vegetables
- Review the Meet Sheet
- Pack your racing bag
- Get to bed early! Before 10pm. This means planning homework in advance.
- SHUT OFF YOUR PHONE AT 8PM—or earlier. Don't just put it on silent mode. SHUT IT OFF! You will wind down and sleep better.
- Set your alarm.

Racing Bag Packing List:

- Uniform
- Training shoes for before and after
- Racing shoes (if you have them)
- Socks for racing
- Extra clothes and sweats in case of cold, wet, very hot weather)
- A dry set of clothing for after the race
- A dry set of socks for after the race
- WATER!!! A filled water bottle.
- Snacks for before and after the race
- Toilet paper (big invites often run out!)
- Sun block, hat, sunglasses
- 3 garbage bags (1 for trash—your coach goes nuts if you leave the place a mess; 1 as emergency rain gear; 1 to keep gear dry before the race and a place to put wet gear after the race)
- Any medications you need
- Hair ties
- Homework
- A small amount of money, optional, for emergencies, t-shirts...
- Anything else you need

Morning of the Race:

- Have a glass of water as soon as you wake up
- Have a healthy breakfast that works for you (write it down; if it works, eat the same thing next race)
- Bring your gear bag with you
- Healthy lunch (and morning/afternoon snacks) (for an afternoon race)
- Don't miss your ride!

At the Race:

- Sip water, snack if needed.
- Take it easy until it's time to warm up, then warm up plenty
- Trust your captains, warmup leaders, teammates and coaches
- Thank the officials and volunteers
- When you finish your race, congratulate those around you, go back and cheer for your teammates
- BELIEVE IN YOUR TRAINING, BELIEVE IN THE RUN, BELIEVE IN YOURSELF