


# 5 TIPS FOR SUCCESSFUL MARATHON TRAVEL



Running a marathon in a new city? You're not alone. Marathons attract runners from around the world, and only a fraction of those are running in their hometowns. Here are some tips to help you navigate and prepare for your best race.

## 1. PACK WHAT YOU NEED

Pack the clothes, shoes and fuel that you've used to train. If you're flying, to avoid luggage mishaps, pack your race-day gear in your carry-on bag.

## 2. TAKE TIME TO ACCLIMATE

If possible, try to arrive a day or two early – time zones, elevation, temperature and humidity can impact your race plans. Study the racecourse and ask for local advice on safe running routes.



## 3. FUEL UP AND SLEEP WELL

Plan ahead. Consider making reservations in advance or visiting a grocery store for your prerace meals. Prioritize sleep and avoid altering your bedtime routine.



## 4. TAKE CARE OF YOURSELF – BEFORE AND AFTER THE RACE

Don't forget to hydrate and stretch. Pack a foam roller and golf ball to help loosen tight muscles. Long car ride or flight? Consider wearing compression socks to aid in blood flow.



## 5. TAKE YOUR TRAVEL IN STRIDE

Enjoy the travel. It will make your memories of crossing the finish line that much richer.

