

DESTINATION RACE

TRAVEL GUIDE



*A travel training plan to
prepare for lodging,
transportation, meals for a
worry-free start to your big
race*

WHY USE THIS GUIDE

Running a marathon can be anxiety-provoking enough, but adding in the extra stress of traveling to a new city for the race is another level of logistics. Coaches, Andrew Simmons, and Lexi Miller, at Lifelong Endurance, have put together this guide to help you get from registration day to race day without worry. They have drawn upon their experience at big races (New York, Chicago, Boston, CIM) to build out everything you will need to know on race day.

HOW TO USE THIS GUIDE

This guide is meant to help you book your lodging, transportation, and feel prepared going into your race, think of it as everything that is not covered in your training plan. Use the timeline and checklist to make sure you do not forget anything leading up to the big day! As your travel plans might be different than indicated in the guide, make adjustments as your schedule dictates.

FOR THOSE USING A SPECIFIC LIFELONG ENDURANCE DESTINATION RACE TRAINING PLAN

The guide is designed to start using at the beginning of your training plan (about four months before the start of the race.) If you are using a marathon-specific plan from Lifelong Endurance, look for notes in your training plan for when to reference this guide.

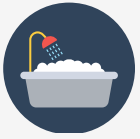
HAVE QUESTIONS?

Email: coaches@lifelongendurance.com

LODGING



Budget: Big races mean raised rates the week of a race, a hotel close to the course will be more expensive. Hostels, couch surfing, or booking with a group of friends can make the weekend more affordable.



Amenities: Check to see what your lodging offers: will they put breakfast out early on race day, will you have cooking availability? Make sure there are no surprises when you arrive, and that you have packed accordingly. For some major races, hotels might offer their own shuttles to the start, make sure to find out.



Location: Take some time to research the location and neighborhood of where you are staying. Figure out how long it will take you to get to the airport, the expo, and the start of the race. Also look to see what food or last minute shopping options are in the area.



Reviews: Make sure to read reviews before booking, especially if you can find some from past racers, this will help you know what to expect in terms of cleanliness, noise, and race logistics. After your stay, make sure to leave a review of your own to help future racers.

DINING



Know your stomach: Take time to test what pre-race dinners and breakfasts work for you. Experiment before long runs and make notes of how you feel while trying different meals.



Research: Prior to your trip, look at what options are near by the expo or your hotel. Check out their menus and read reviews before finding a couple of options that could work well for you



Back-up plans: If the restaurants you chose are too busy, closed, etc make sure you have some other food options. Packing food from home, or having access to a grocery store can be a real life-saver when it comes to the pre-race meal.



Timing: Eat your big, pre-race meal early (lunch or early dinner is ideal) in order to give your body time to digest. Make sure you have extra snacks to fuel between meals.

For breakfast, set out your meals ahead of time to avoid adding to pre-race anxiety. Bring food from home if you're concerned about breakfast options at your hotel.

PLANES, TRAINS, AND AUTOMOBILES: TRANSPORTATION LOGISTICS



Do

- Make reservations ASAP
- Try to get an aisle seat
- Give yourself plenty of time
- Pack lots of snacks and a water bottle
- Have your ID and boarding pass easily accessible

Don't

- Book a red-eye flight
- Plan on flying home immediately after the race
- Plan on sitting for more than three hours at a time
- Count on your checked bags making it to the destination



Do

- Download any apps the local city might have to navigate transportation
- Practice using public transportation to get to the start of the race beforehand
- Give yourself extra time

Don't

- Expect every ride to be on time
- Plan on sitting
- Set your belongings down
- Plan on paying with cash or card (load local fare cards before riding)
- Be afraid to ask a local for directions or help



Rideshares

- Give yourself extra time to find a vehicle
- Ask questions about the city (get recommendations)
- Be respectful and tip
- Plan on getting dropped off a small distance from the start

Rentals

- Practice driving to the start ahead of time
- Figure out parking
- Plan on paying some extra money to park, or take a bus from where you parked

DESTINATION RACE TIMELINE

4 MONTHS BEFORE THE RACE

- Research the race (course profile, read race reports, on-course fuel options)
- Purchase a pair of training shoes
- Make sure you have an up-to-date ID or Passport
- Test out race nutrition and hydration during long runs
- Start Training Plan/ Hire a Coach

3 MONTHS BEFORE THE RACE

- Consider your goals for the race
- Put a price alert for low airlines
- Research Lodging
- If applicable; request days off from work for the race
- Decide on a travel budget

2 MONTHS BEFORE THE RACE

- Book a hotel
- Book airline tickets
- If you plan on renting a car, make those accommodations
- Run a practice race half marathon
- Purchase a pair of race shoes

DESTINATION RACE TIMELINE

4 WEEKS BEFORE THE RACE

- Start to plan potential race day outfits and do some practice runs in them
- Wear your race day shoes on part of a long run and during some speed work to break them in

3 WEEKS BEFORE THE RACE

- Research transportation (how far is the airport from your hotel, hotel from the start and expo, etc)
- Research food in the area and come up with some pre-race options

2 WEEKS BEFORE THE RACE

- Make a race day plan with a drop bag, transportation, and food
- Call the hotel and ask if they have race day amenities (early breakfast, shuttle, etc)

1 WEEK BEFORE THE RACE

- Check the expected forecast and make sure you have appropriate clothing
- Check weather conditions in destination city. Bring extra layers as needed.

DESTINATION RACE TIMELINE

6 DAYS BEFORE THE RACE

- Print out packet pick-up information, including confirmation that you are in the race
- Print hotel confirmation

5 DAYS BEFORE THE RACE

- Make sure you have clothes to wear to the start line (clothes to be donated are often the most convenient)
- Do any last-minute shopping for race nutrition, extra socks, back-up headphones, or travel essentials

4 DAYS BEFORE THE RACE

- Double check the weather and look for any changes
- Pack for your trip (see packing checklist)

3 DAYS BEFORE THE RACE

- Make sure your flight is still scheduled to be on time
- Look for any race announcements

DESTINATION RACE TIMELINE

2 DAYS BEFORE THE RACE

- Catch your flight (1 hour early for national, 2 hours early for international)
- Check into your hotel
- Shop for any perishable foods you might need
- Make a plan for your pre-race meals

THE DAY BEFORE THE RACE

- Go to the expo early, get your packet
- Eat a pre-race lunch or early dinner
- Make a plan with any friends and family that will be at the race
- Set aside your gear for the next day
- Set your alarm and get to bed at a realistic time

PRE-RACE

- Wake up with plenty of time to spare
- Eat a breakfast you are used to
- Get to the start; plan on extra time for the train, parking, or to catch a ride as there will be many other racers trying to get to same place
- You might be held up as security checks your bag, or you drop your gear; try to get to the start about an hour before your time to go

PACKING LIST

CARRY ON BAGGAGE

RACE DAY GEAR



- Racing Shoes
- Racing Bottom
- Racing Socks
- Race Belt/ Bottles
- Racing Top
- Race Day Snacks
- Watch Charger
- Hat/ glasses for racing

TRAVEL ESSENTIALS



- Phone Charger
- Portable battery pack
- Toiletries
- ID, wallet, cash
- Hotel Info
- Expo Info

FOR EXTRA COMFORT



- Warm Layer
- Headphones
- Ear Plugs
- Eye Mask
- Travel Snacks
- Travel Pillow

PACKING LIST

CHECKED BAGS

PRE-RACE

- Extra snacks
- Back-up meals
- Extra Bottle
- Comfy Clothes
- Extra pillow or blanket



RACE

- Trash bags
- Emergency Blanket
- Extra race food
- Extra race outfits
- Safety Pins
- Emergency blanket



POST-RACE

- Wool socks
- Compression socks
- Rolling stick
- Clothes to celebrate in
- Tennis ball
- High protein snacks

