



# GOTR 5K



# CHECKLIST



## NIGHT BEFORE 5K

## MORNING OF 5K

Get plenty of rest

Confirm forecast

Lay out outfit

Eat a nutritious meal

Plan accessories

Wear comfy shoes

Eat a healthy dinner

Fill a water bottle

Pack SPF, lip balm

Begin stretches

Drink water

Review meeting spot

Plan breakfast

Play pump-up playlist

Review directions

Hydrate en route

Check forecast

Get ready for fun!!!