



2025 Runner Tips

Decide on the number of miles you plan to do AHEAD of the run.

- It's easy to get caught up in the excitement and end up doing too much.
- Keep in mind, most runners will run the 1st and the last leg into Peoria – because it's fun.
- Don't feel pressured to keep running if you don't feel comfortable – we want you back next year!

Keep the weather in mind for your costume!

- It can get **hot** on run day, so just be careful not to wear too many layers (we don't want you to overheat!)

Checklist for Your Run Bag:

Bring a Reflective Vest!	For runner safety - reflective vests are required to wear over your outfit for the run!
Pack a Lunch & Snacks!	Make sure to bring any "special" food or drinks for your needs. <ul style="list-style-type: none">• Water, Gatorade, and Snacks will be provided!• <u>Lunch won't be provided</u> so be sure to pack a lunch!
Prep for the Sun ☀️	<ul style="list-style-type: none">• Sunscreen & chapstick• Hat or Visor• Sunglasses• Bodyglide or Vaseline if you tend to get "chapped"• Ice Packs
Prep for a Rainy Day ☔	<ul style="list-style-type: none">• 3+ Pairs of Sock• Extra Pair of Shoes• Rain Poncho(s)
2-3 Towels <ul style="list-style-type: none">• Towel to wipe down, a towel to sit on, and a towel incase to shower at the Peoria Civic Center.	Good idea to bring soap & deodorant too for the showers, but caution <u>the line can be long.</u>

Extra Pair of Shorts	Nice to have for running into the Civic Center!
Medicine for Aches	Advil, Motrin, or other drug of choice.
Ladies	Men
<ul style="list-style-type: none"> • I'd suggest bringing a couple of extra jog bras. It's nice to change once along the way and again when we get to Peoria. • If you wear a singlet/other top over your jog bra – bring extras! 	<ul style="list-style-type: none"> • If you run in T-shirts, bring several! • You'll want to change throughout the day. • Bare chests are allowed!

Help St. Jude Kids Fight Cancer