

**Runner’s Tips**

1. 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 overdo it – we want you back next year!

2. I’d suggest 3+ pairs of socks. It feels really good to change them - this is especially important if it’s raining.

3. Ladies – 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.

4. If you have a tendency to get “chapped” (you know what I mean). Bring along some Bodyglide or Vaseline.

5. Sunscreen and chapstick!

6. Advil, Motrin or other drug of choice.

7. Men – if you run in T-shirts, bring several! You’ll want to change throughout the day. Bare chests are allowed!

8. Ladies – if you wear a singlet or other top over your jog bra – bring extras.

9. Shorts – more difficult to “change”, but I bring at least one extra pair to put on after we get to Peoria.

10. Shoes – if you have extras, I’d bring 2 pair. \*\*Especially important if it’s raining\*\*

11. Two or three towels – a couple of towels to wipe down and a towel to sit on

12. Hat or visor

13. Sunglasses

15. Any “special” food or drink needs! Water, sports drinks and goodies will be provided by our sponsors.

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