

How to Prepare for your **FIRST EVENT**

A fantastic way to mark your running progress is to enter a 5km. Here's some top TGCR tips for your first one!

1 BE PREPARED!

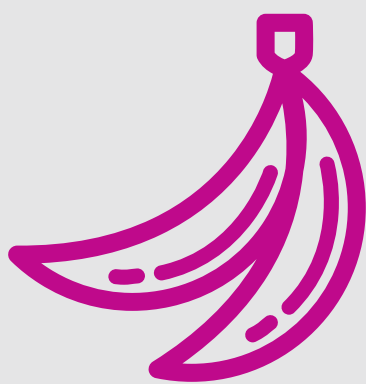
Lay out your kit ready the day before in the shape of a person. That way you can easily spot what's missing. Don't forget your safety pins or TGCR race fasteners!

2 DON'T TRY ANYTHING NEW!

The day before your run is not the day to try anything new be it clothing, trainers, or food. Stick to what you know!

3 KNOW YOUR PACE!

It's so tempting to join everyone when they shoot off at the start of the run. Don't! By now you know your pace and what is comfortable for you so have the confidence to stick to it. So what if you come last? The way I see it you're just getting your moneys worth!



4 EAT WELL!

Eat sensibly both the day before and the morning of your event. Porridge and banana is my winning formula but find what works for you. Eat at least 2 hours before your run.

5 ENJOY ENJOY ENJOY!

On that start line feel very proud. Just getting there shows how much you have achieved both in your running but also your self confidence. Enjoy every second of what you are about to accomplish. You ARE a runner!

YOU ARE GOOD TO GO!

