



CITEM TIPS FOR THE CSC FUN RUNNERS

- ✓ Keep yourself hydrated.
- ✓ Check your shoes.
- ✓ Check your outfit.
- ✓ Relax the day before the race.
- ✓ Don't overload yourself with carbs.
- ✓ Pace yourself correctly.
- ✓ Set your mind.
- ✓ Warm up and cool down