

5 TIPS FOR SUCCESSFUL MARATHON TRAVEL



Running a marathon in a new city? You're not alone. Marathons attract runners from around the world, and only a fraction of those are running in their hometowns. Here are some tips to help you navigate and prepare for your best race.

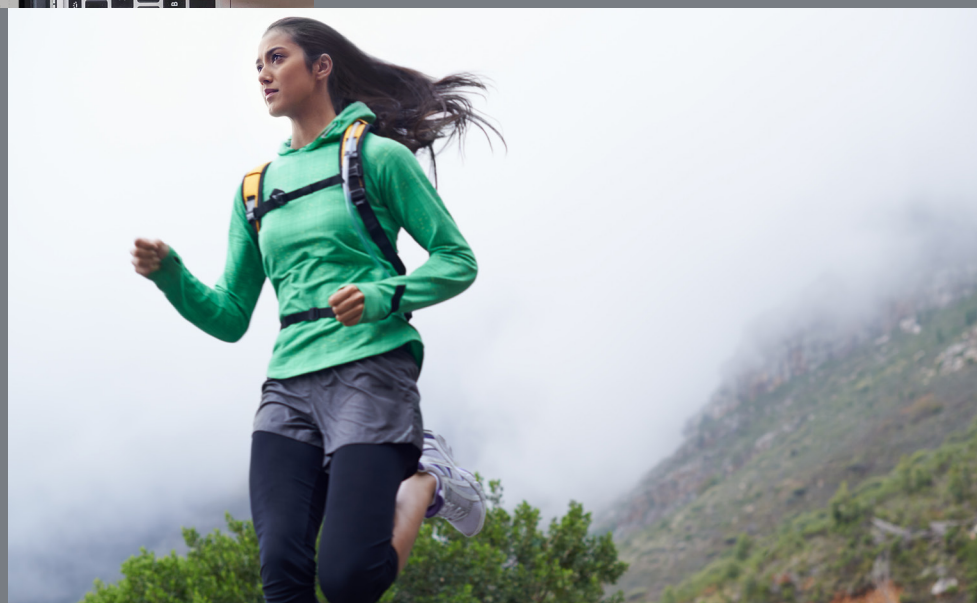
1. PACK WHAT YOU NEED

Pack the clothes, shoes and fuel that you've used to train. If you're flying, to avoid luggage mishaps, pack your race-day gear in your carry-on bag.



2. TAKE TIME TO ACCLIMATE

If possible, try to arrive a day or two early – time zones, elevation, temperature and humidity can impact your race plans. Study the racecourse and ask for local advice on safe running routes.



3. FUEL UP AND SLEEP WELL

Plan ahead. Consider making reservations in advance or visiting a grocery store for your prerace meals. Prioritize sleep and avoid altering your bedtime routine.



4. TAKE CARE OF YOURSELF — BEFORE AND AFTER THE RACE

Don't forget to hydrate and stretch. Pack a foam roller and golf ball to help loosen tight muscles. Long car ride or flight? Consider wearing compression socks to aid in blood flow.



5. TAKE YOUR TRAVEL IN STRIDE

Enjoy the travel. It will make your memories of crossing the finish line that much richer.

