

# RoadRunner Marathon Checklist

	Alarm Clock
	Band-Aids, men cover nipples
	Blankets for post race
	Disposable camera
	Long sleeve poly shirt
	New poly socks
	Black plastic garbage bag (55 Gallon)
	Poly gloves (throw-away)
	Poly hat
	Post race clothing
	Post race food
	Prerace food
	Safety Pins
	Shoes
	Short sleeve poly shirt
	Shorts
	Singlet
	Sport bars
	Sport drink
	Sport gels
	Sport shake
	Sun glasses
	Sun screen
	Tights
	Wad of toilet paper
	Trim toe nails
	Under things
	Vaseline for under arms, groin, buttocks
	Wad of Toilet paper
	Warm-ups (throw-away)
	Watch
	Water bottle
	Wide-mouth empty plastic bottle (you know what for)