



## **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 mile and the last 2 miles 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. Again, this is especially important if it's raining.
11. Towels to wipe down! Blankets are provided to cover the seats.
12. Hat or visor
13. Sunglasses
14. If you like to take photos, I'd suggest bringing a camera along.

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

16. Towels, soap, deodorant, etc for taking a shower in Peoria -- Caution--lines can be long.

## **Help St. Jude Kids Fight Cancer**