



Be Smart... Run Smart!

1. Have a race plan and stick to it.
2. Set realistic goals that give you some flexibility, such as finishing in 5-5 ½ hrs.
3. View the marathon as having three parts, each with a different task ...
 - I Socialize and enjoy the sights (first 15km)
 - II Start bearing down (15 - 30 km)
 - III Be totally focused (last 12 km)
4. Before and during the race, imagine succeeding, even in difficult situations.
5. Start easy. Gradually pick up your pace.
6. Check your form regularly.
7. Use deep breathing and take periodic stretch breaks to relieve tension.
8. Distract yourself when tired or aching.
9. Use self-talk to remain positive and keep negative thoughts at bay.
10. If doubts arise, recall your reasons for running.
11. When finished, stretch lightly, keep moving and elevate your legs when sitting.
12. Enjoy yourself and have a great run!

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