

Marathon Race Sherpa Checklist

Planning race day logistics to best support your runner

Chauffeur / Race Morning

- Review start area maps (usually found online or in the pre-race materials)
 - Where is the start area?
 - Is there a separate athlete drop-off area?
 - Will there be road closures or detours?
 - Will there be any parking restrictions?
- Timing. Know the race morning agenda and act as a second pair of eyes on the clock

Cheerleader/ During the Race

- Review the course, and plan alternate routes where needed
 - Are there road closures and/or detours?
 - Will runners be blocking intersections, making it impossible to pass?
- Is there race runner tracking?
 - If so, download the app, register, or test the tracking before race day, if possible
- Do you know what your runner is wearing?
- Does your runner know what you are wearing?
- Wear something bright, neon, reflective or something that will make visible
 - You will feel (and look) ridiculous, but you will stand out
- Carry balloons, wear a big hat, have a noise maker, or do anything else to be visible
 - Again, anything to stand out in the crowd

Post-race

Be warned: many finishers suffer from runners brain and get temporarily stupid after the marathon. Planning ahead will be useful.

- Have a specific meet up spot
- Have a plan B in case you can't find each other at the finish
- Make sure your runner has your phone number. Write it on the back of their bib, if needed
- Offer to carry your runners post run gear bag with water, shoes, and warm clothes
- Carry a balloon, wear a tall or do something else that will stand above a crowd

On Behalf of all Runners:

Thank You, Thank You!! A million times thank you.

We may be distracted and forget to thank you on race day, but we really appreciate the moral and logistics support. We couldn't do it without you!