

Remember these final tips for race day itself

South West Academy of Sport chief executive Bernice Butlion comes on side with the *Times* to give you the best fitness tips in the lead-up to the South Western Times Surf to Surf Fun Run. Why not try entering the 5km category...

CONGRATULATIONS, you have completed your training for the 5km run and you are now prepared for the Surf to Surf race.

I have some final tips for race day to make your experience go smoothly.

Choose your running clothes carefully and don't overdress as your body will warm up during the race and you will feel uncomfortable if you are wearing too many layers.

A good rule of thumb is to dress as though the weather is 15 degrees warmer than it is for the run itself, but also remember to wear warm clothing before and after the race.

Be careful to eat at least one hour before the race starts and eat the correct food.

Choose something high in carbo-

hydrates and avoid rich, fatty or high-fibre foods before you race.

When you arrive at the race, check your race number, do a warm-up jog and use the bathroom.

When the runners line up at the starting line, make sure you don't stand at the front of the pack as this is where the faster, seasoned runners start from.

It will be easier for you to pace yourself if you start with runners around your fitness and ability level.

Make sure to use the water stops throughout the course and thank the volunteers handing out the water.

Finally, do not put pressure on yourself to achieve a really fast time for your first race.

Ask your friends and family to come support you and encourage you to get across the finishing line.

The most important thing is that you finish it and enjoy the experience.

Good luck and I'll see you at the start line.