

Race day secrets revealed

AFTER writing her exclusive seven-week South Western Times Surf to Surf Fun Run training program, South West Academy of Sport chief executive Bernice Butlion has now unlocked her race secrets.

Designed to help novice runners tackle the 5km category of the race, the program has appeared exclusively in the *South Western Times* over the past two months.

But the advice does not stop yet, with Butlion's race day tips on how to approach the run just as important as any pre-event training.

Bernice says:

- Don't overdress — a good rule of thumb is to dress as if the weather is 15 degrees warmer than it is. Your body will warm up during the race and you will feel uncomfortable if you are wearing too many layers.

- Always wear warm clothes while you are waiting for the race to start and at the end of the race.

- Choose your pre-race food wisely by eating at least one hour prior to the start of the race. Choose something high in carbohydrates and low in rich, fatty or high-fibre foods.

- Check your race number, take a warm-up jog and use the bathroom. Don't line up near the front of the starting line.

- The faster, seasoned runners will always start at the front. It will be easier for you to fall into your pace if you are around people that are of the same running ability.

- Invite your friends and family to support you.

- Ask them to stand near the finish line and welcome you home.

- Do not put pressure on yourself to achieve a really fast time for your first race.

- Just aim to finish, and more importantly, enjoy it.