

**INDIANA ALL STAR RUNNING CLUB
2011 USATF REGION 7 CHAMPIONSHIPS
Saturday, November 19**

	BREAKFAST before . . .	Last Chance for SNACK	Report to TEAM CAMP	WARM-UP	Go to START	RACE begins
SUB- BANTAMS BOYS	7:45	9:15	9:45	10:00	10:30	10:45
BANTAM GIRLS	8:00	9:30	10:00	10:15	10:45	11:00
BANTAM BOYS	8:25	9:55	10:25	10:40	11:10	11:25
MIDGET GIRLS	8:50	10:20	10:50	11:05	11:35	11:50
MIDGET BOYS	9:15	10:45	11:15	11:30	12:00	12:15
YOUTH GIRLS	9:40	11:10	11:40	11:55	12:25	12:40
YOUTH BOYS	10:10	11:40	12:10	12:25	12:55	1:10

PRE-RACE BREAKFAST - ALLOW 3+ HOURS TO DIGEST

1. DO NOT eat until you are full.
2. DO eat healthy foods - Power Bars, granola, apple, banana.
3. STAY AWAY from bacon, eggs, juice & too much milk.
4. DO NOT eat foods with processed sugar - NO cookies.
5. DO NOT eat fruit with lots of citric acid - NO oranges.
6. DO NOT drink Gatorade before the race. Save this for afterwards.

PRE-RACE SNACKS - NOT LUNCH!!!

1. DO NOT eat until you are full. Remember - SNACK, not meal.
2. See #1-6 above.

WEATHER

1. 30% chance of rain. Temps in mid-40's.
2. Bring plenty of clothes to stay warm.
3. Team tent (with walls) will be onsite for changing.

CLOTHING

1. Indiana All Star Running Club singlet
 2. Black shorts
 3. Some runners may want to run with longsleeved shirt, tights, gloves, hat.
- Bring just in case. Can always change in team tent.