

**INDIANA ALL STAR RUNNING CLUB
2011 USATF INDIANA ASSOCIATION CHAMPIONSHIPS
Saturday, November 5**

*If you know the course, arrive in time to participate in the Warm-Up.

	BREAKFAST before . . .	Last Chance for SNACK	Walk & Jog COURSE	WARM-UP	Go to START	RACE begins
SUB- BANTAMS BOYS	8:45	10:15	10:15	11:00	11:30	11:45
BANTAM GIRLS	9:00	10:30	10:30	11:15	11:45	12:00
BANTAM BOYS	9:20	10:50	10:50	11:35	12:05	12:20
MIDGET GIRLS	9:40	11:10	11:10	11:55	12:25	12:40
MIDGET BOYS	10:00	11:30	11:30	12:15	12:45	1:00
YOUTH GIRLS	10:30	12:00	12:00	12:45	1:15	1:30
YOUTH BOYS	11:00	12:30	12:30	1:15	1:45	2:00

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. No rain predicted. Temps in mid-50'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 long sleeved shirt, tights, gloves, hat. Bring just in case. Can always change in team tent.