

RUNNER'S CHECKLIST

BEFORE THE RACE

- ☐ Download and read the Runner's Guide.
- ☐ Confirm your transport booking (plane, train, bus, etc.) and accommodation.
- ☐ Make sure your registration is complete, and you have chosen your bib pick-up time and bus to the start (if needed).
- ☐ Check the event programme for times and locations of each action taking place during the week.
- ☐ Bring your ID card, passport, or other proof of identity.
- ☐ Make sure you bring all the mandatory material according to the regulations.
- ☐ Familiarise yourself with the event and your race.
- ☐ Download the official track on your watch, check where each aid station is located, and check the cut-off times to manage your competition.
- ☐ Install the LiveTrail App on your smartphone (mandatory) and make sure you have the GPX loaded with the official track.
- ☐ Check the time to pick up your race bib.
- ☐ When you pick up your bib, check that you have everything and that it is correct.
- ☐ Prepare the night before the race to attach your bib. There will be NO safety pins.
- ☐ Charge your mobile phone, watch and external battery.
- ☐ Check the status of your headlamp, batteries and back-up.
- ☐ Confirm that you do not have aeroplane mode on your phone. If the organisation needs to communicate an urgent message, this will be done via SMS from the LiveTrail App.

ON THE DAY OF THE RACE

- ☐ Prepare your runner's bag(s) and backpack or similar.
- ☐ If you're running a race with Life Bases, carefully plan what to have at each aid station.
- ☐ Make sure you have everything.
- ☐ Arrive at the departure point at least 45 minutes before the start.
- ☐ Deposit your runner's bag in the designated place.
- ☐ Run, enjoy, and take your finisher's medal, you've earned it!
- ☐ Collect your runner's bag.
- ☐ Refuel at the finish line aid station and...
- ☐ Celebrate with your family and friends!

AFTER THE RACE

- ☐ Look for your photos on the event website (Sportograf).
- ☐ Download your diploma and results from the LiveTrail App.
- ☐ Download your video souvenir on UTMBLive **HERE**.
- ☐ Share your experience, photos and video using #HOKAValdAranbyUTMB.
- ☐ After a reasonable time, check your rankings and check that the Running Stones are in your MyUTMB account.
- ☐ Congratulate yourself for being part of this unique adventure.
- ☐ Start thinking about your next challenge!