



Here are tips to make your 5K day a success.

The Day Before the Event

- Rest and go to bed early the day before a 5K event. Avoid participating in any physical activity the day before.
- Check the weather and plan what you will wear. Avoid wearing new clothes or shoes the day of the event.
- Plan ahead. Set your local route. You can also reduce pre-5K anxiety by setting out the items you will need during the race the night before.

Event Day

- Eat a light snack or meal one to two hours before the race. Choose something high in carbohydrates but low in fiber, fat and protein. Do not eat something new, as you do not know how your body will react.
- Warm up for five to 10 minutes by slowly walking or jogging.
- Focus on finishing and enjoying the experience, rather than focusing on a fast time. This will allow you to have a fun and safe experience.

Common Mistakes to Avoid

- Common mistakes runners make include:
 - Starting the 5K too fast.
 - Not warming up before the 5K. This can cause muscle cramps or injury.
 - Training too often before the 5K.
 - Not consuming enough water or the proper nutrition before the race.
- Make sure to avoid these issues by following the guidelines above and checking out some of the other tip sheets available on the QLife 5K page.

After the Event

- Cool down for five to 10 minutes by walking slowly or stretching.
- After the race, continue to drink plenty of water throughout the day.
- Submit your 5K time for credit towards [QLife Rewards](#) if you are an employee or spouse on the health plan using this [form](#).

Questions? Contact quadwellness@quadmedical.com