# Gotr 5K Checklist

## Night Before 5K
- Get plenty of rest
- Lay out outfit
- Plan accessories
- Eat a healthy dinner
- Pack SPF, lip balm
- Drink water
- Plan breakfast
- Review directions
- Check forecast

## Morning of 5K
- Confirm forecast
- Eat a nutritious meal
- Wear comfy shoes
- Fill a water bottle
- Begin stretches
- Review meeting spot
- Play pump-up playlist
- Hydrate en route
- Get ready for fun!!!