

The Chicago Checklist

Thirty items, six blocks, zero improvisation. Work it **in blocks across the week** — not the night before. Built for Chicago and any Major.

BLOCK 1

Documents and logistics

If this fails, no amount of training fixes it. Handle it first.

1	Valid physical passport, visa or ESTA in order, plus a digital copy	☐
2	Registration confirmation and your chosen Expo slot: Thursday afternoon or Friday morning	☐
3	Route to the corral rehearsed once, same hour and same transport you'll use on the day	☐
4	Arrival planned 90 to 120 minutes before your start time	☐
5	Dinner booked in advance for Thursday, Friday and Saturday	☐

BLOCK 2

Equipment

One rule only: race day is not the day to debut anything.

6	Race shoes with 95–155 mi (150–250 km) on them. Neither new nor worn out	☐
7	Socks already tested on at least one long run	☐
8	Full outfit washed and worn in training, seams included	☐
9	Throwaway clothing for the corral: old sweatshirt, hat, gloves, blanket	☐
10	Bib pinned on the night before, with safety pins or a race belt	☐
11	Gel carrier or belt, sunglasses and cap depending on the forecast	☐

BLOCK 3

Nutrition and hydration

Planned days ahead, not improvised at mile 20.

12	Gels counted and numbered by the hour you'll take them , not just in case	☐
13	Electrolytes decided, in known doses you've already tested	☐
14	Race breakfast bought and rehearsed: same brand, same hour, same volume	☐
15	Hydration strategy decided: the official drink or your own	☐
16	Carb loading of 7–10 g/kg per day across the three days before	☐
17	A list of what you do NOT eat 48 h out: raw fibre, excess dairy, fried food	☐

BLOCK 4

Body care

What takes the least time and the most people forget.

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| 18 | Vaseline or BodyGlide on every friction point | ☐ |
| 19 | Nipple protection and blister tape in the bag | ☐ |
| 20 | Nails cut straight across days before , never the night before | ☐ |
| 21 | No aggressive stretching or deep massage in the final 48 hours | ☐ |

BLOCK 5

Race strategy

Decisions made now, so you don't make them with a tired brain.

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| 22 | Pacing band printed, on your wrist. Paper doesn't lose signal | ☐ |
| 23 | Traffic-light system: green, amber and red paces depending on the day's weather | ☐ |
| 24 | A plan for the Loop skyscraper effect: run on feel, not on the watch | ☐ |
| 25 | Mental reserve set aside for Roosevelt Hill, the course's only real rise | ☐ |
| 26 | Two or three mantras decided in advance, not improvised at the wall | ☐ |

BLOCK 6

Race day and recovery

The work doesn't end when you cross the line.

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| 27 | Clear gear-check bag packed the night before | ☐ |
| 28 | Watch charged, in race mode, with the screens already set up | ☐ |
| 29 | Reunion point agreed by letter before you leave the hotel | ☐ |
| 30 | Recovery: foil blanket, walk 15 minutes without sitting down, and carbs with protein inside the first 45 minutes | ☐ |

A note from your coach

This list isn't paperwork: it's perceived control. A Major has too many variables beyond your reach — the weather, the crowds, GPS between skyscrapers. The more you control what's controllable, the more mental space is left for the only thing that matters on Sunday: running.

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