

your marathon checklist

- Bodyglide
- Compression Socks/Sleeves
- Elastic Laces
- Energy Bars & Gels
- Hat/Visor
- Hydration Belt
- Post Race Clothes
- Race Belt or Pins
- Race Pace Band
- Safety Light & Reflectivity
- Shoes - Racing & Training
- Shorts or Tights
- Singlet and/or Sports Bra
- Socks & Gloves
- Sunglasses
- Watch, GPS, HRM



6:00 am
January 20, 2013
Nassau, Bahamas