

# SWISS CITY MARATHON

L U C E R N E

## CHECK LIST

### PREPARATION

- Receive starterguide by e-mail, read it and save on smartphone
- Study the infos on website and in the marathon newspaper
- Plan arrival according to entry time
- Redeem codes for free arrival and return journey online and save the train ticket on smartphone
- Add SMS service one the start list online
- Health check - no fever in the last 7 days
- Drink plenty of water
  
- Receive bib by mail by 25.10. or pick up from 27./28.10. (option chosen at registration)
- Visit expo
- Check start number and chip attached
- Fill out back of race number
- Safety pins packed

### RACE DAY

- Socks
- Shoes
- Sports underwear
- Running clothes to suit weather
- Jacket/pullover for waiting time before the start
- bib number
  
- Save valuables at valuables custody service (at the changing rooms)

### EXTRAS

- Personal food (if needed)
- Drink belt/drinks bottle
- Money (optional: 2.- piece for a locker)
- Mobile phone
- Sunscreen
- Sunglasses
- Sport watch
- Vaseline as friction protection
- Tissues
- Plaster
- Massage oil

### AFTER THE RACE

- Towel and shower gel/shampoo
- Warm, dry clothes
- Hat / gloves
  
- Pick up luggage and valuables
- Go for massage if necessary
- Download finisher's certificate from [swisscitymarathon.ch](http://swisscitymarathon.ch)

### PERSONAL NOTES

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[WWW.SWISSCITYMARATHON.CH](http://WWW.SWISSCITYMARATHON.CH)