SWISS CITY MARATHON
LUCERNE

CHECK LIST

MARATHON 42K **HALFMARATHON 21K** **CITYRUN 10K** **CHARITYRUN 10K**

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 start & 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

- ☐ Start number received by post by Wednesday or pick up on Friday / Saturday before the event (option selected when registering)
- ☐ Visit runner expo
- ☐ Check start number and chip attached
- ☐ Fill out back of race number
- ☐ Safety pins packed

- ☐ Save valuables at valuables custody service (at the changing rooms)

RACE DAY

- ☐ Socks
- ☐ Running shoes
- ☐ Sports underwear
- ☐ Running clothes to suit weather
- ☐ Bib number
- ☐ Safety pins

EXTRAS

- ☐ Personal food (if needed)
- ☐ Drink belt or backpack
- ☐ Money (optional: 2.- piece for a locker)
- ☐ Mobile phone
- ☐ Suncream
- ☐ Sunglasses
- ☐ Smartwatch
- ☐ Vaseline as friction protection
- ☐ Tissues
- ☐ Plaster
- ☐ Massage oil

AFTER THE RACE

- ☐ Towel and shower gel/shampoo
- ☐ Warm, dry clothes
- ☐ Hat / gloves

- ☐ Pick up bag and valuables
- ☐ Go for massage if necessary
- ☐ Download finisher's certificate from swisscitymarathon.ch

PERSONAL NOTES

- ☐
- ☐
- ☐
- ☐
- ☐

WWW.SWISSCITYMARATHON.CH