

Tips to make your 5K a success!



The day before

- Rest! Go to bed early the day before a race and avoid participating in any physical activity the day before.
- Check the weather and plan accordingly what to wear; avoid wearing new clothes or shoes the day of the race.
- Plan ahead the night before with setting your local route and putting out the items you will need for the race.

On race day

- Eat a light snack or meal 1–2 hours before the race. Choose something high in carbohydrates but low in fiber, fat and protein. Do not eat something new, as you do not know how your body will react.
- Before the 5K starts, warm up for 5–10 minutes by slowly walking and gradually increase the pace.
- Focus on finishing and enjoying the experience, rather than focusing on a fast time; this will allow you to have a fun and safe experience.

After the race

- Participants cool down for 5–10 minutes by slowly decreasing pace and end with stretching.
- After the race, continue to drink plenty of water throughout the day.
- Submit your time in the QLife Virtual 5K survey that will be emailed out to all registered participants after the Virtual 5K event has ended. With registering and submitting your Virtual 5K survey, you can earn points towards QLife Wellness Rewards if you are an employee or spouse on a Quad medical plan.

Common mistakes to avoid

Common mistakes runners or walkers make include:

- Starting the 5K at too fast of a pace
- Not warming up before the 5K as this can cause muscle cramps or be put at risk for injury
- Training too often before the 5K event
- Not consuming enough water or the proper nutrition before the race

Make sure to avoid these issues by following the guidelines here and checking out the other tip sheets available on the [QLife Wellness Rewards 5K page](#).

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Questions? Contact quadwellness@quadmedical.com