

# CAERDYDD CARDIFF 2016

Saturday 26th March

## ARE YOU RACE READY?

Make sure you've got everything you need before race day with our handy Race Day checklist.

- Have you got everything you need for race pack collection?  
**NB: All race numbers are emailed on Friday 4th March.**
- How are you getting to the race?  
**Train, bike or car share are all great sustainable options.**
- Do you know how and when to pick up your race pack and goody bag items from the Cardiff Sports Expo?
- Do you know what timing pen you'll be in and how to get to the start line?
- Do you know when the race starts?
- Have you found somewhere to meet family and friends after the race?
- Have your friends and family found a great spot to watch the race?  
**Check out our official spectator guide.**
- Have you got your safety pins ready?
- Do you know where the course goes and how many water stations there are?
- Do you know whether the event road closures will affect you? **Check out the road closure section on our website.**
- Have you left yourself enough time to get to the race?



#runtheworlds, #WHM2016, #iaaf, #cardiff2016



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