



FOR RUN FROM THE TRUTH

Sample Routes

This race is a 5K! Aka, 3.1 miles, 62 city blocks, 12.2 times around a track. Here's what a sample route looks like.

Tracking Apps

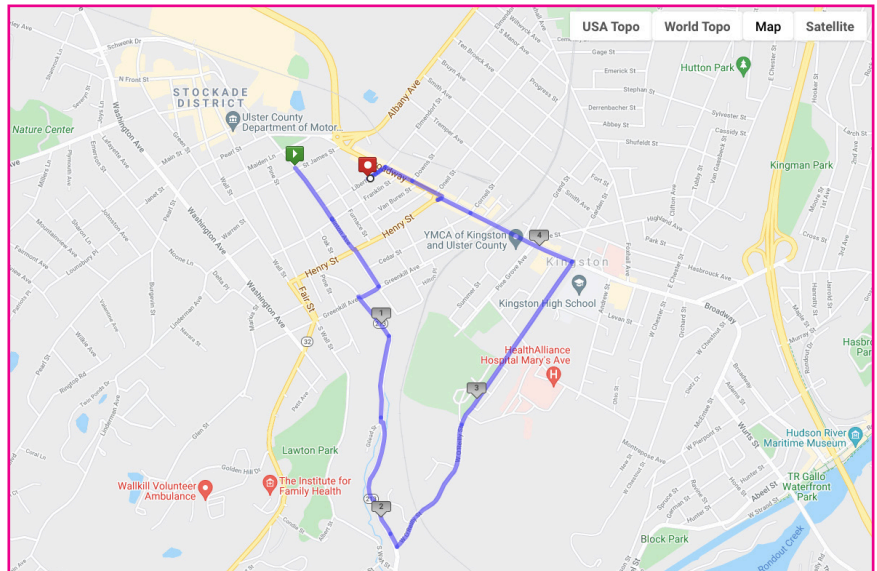
[Strava](#)

[Map My Run](#)

[RunKeeper](#)

[Endomondo](#)

[Runtastic](#)



Pre-Race Suggestions

We welcome all levels and abilities. No matter what your finish time is, your participation is appreciated. That said, if you're interested in challenging yourself, we've got a few tips to help you succeed on race day - and have fun doing it.

- 1 Get a good night's sleep:** Rest up! [The science shows](#): even a tiny bit of sleep deprivation can affect athletic performance. While the optimal number of hours may vary from person to person, make sure to listen to your body and get some good shuteye the night before the big day.
- 2 Practice, practice, practice:** If this is your first race, then you're probably panicking! No need to worry. Practice makes perfect. Figure out your route, run/walk it a couple of times, and make sure you know exactly how to pace yourself. Again, listen to your body! You can take it at whatever pace you feel the safest and most comfortable.
- 3 What's your goal?** It's never a bad idea to set a goal! Time a practice run/walk and set a time goal for race day that is challenging yet accessible. We know you can do it!
- 4 Hydration station:** If you think you require a ton of water on a regular day, triple that for race day. Hydration is key to a successful race, so make sure you're taking in plenty of electrolytes and good-old-H2O. Coconut water, Gatorade, or electrolyte-infused water are great places to start.
- 5 Know what to wear:** Gauge the weather the night before, and make sure you dress comfortably. Give yourself breathing room, and make sure you are able to move freely. Lightweight clothing tends to be much more comfortable than heavier options, especially if it's a warmer day.
- 6 Have fun!** This is going to be a spectacular event, and we're so glad you'll be joining us. Dress in your spirit garb and snap as many selfies as you want. Share them with us on social media, tagging us @tmiproject and including the hashtag #RunFORTheTruth.