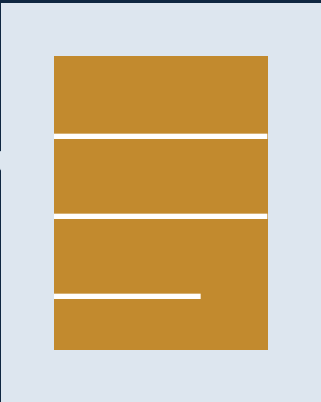


MOTION UNBOUND

TRAIL RACE READY

Race prep & logistics from trail half marathon to ultra
Plan smarter so race day feels organized, calm, and peaceful

Outdoor Strength & Performance



Why this guide matters

Most runners train the physical side of racing more than the logistical side. But poor planning can create as much stress as poor fitness. This guide gives trail half-marathoners, marathoners, 50K runners, and beyond a simple planning framework for race prep and race-day logistics.

It is designed as a premium “operations guide” — the kind of document you would want in hand during the final two weeks before a race.

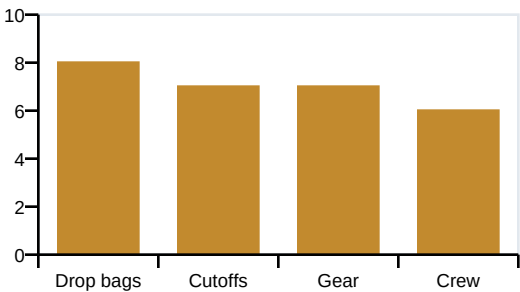
Key Pillars

- Train the logistics, not just the miles
- Reduce surprises
- Stay calm under race-week stress
- Create a repeatable process for future races

This guide helps you organize

- Cutoff and pacing decisions
- Mandatory gear and weather decisions
- Drop bags and aid-station strategy
- Crew / pacer communication
- Race-week logistics and morning-of checklist

Typical prep gaps



Who this is for

- [] Runners preparing for trail half marathons, marathons, 50Ks, and longer
- [] Athletes who want a cleaner race-week process
- [] Self-supported runners and crew-supported runners alike

Your prep timeline

Race readiness is less stressful when decisions are spread across the final month. Use the timeline below as a planning rhythm.

8-week race-prep timeline		
8 weeks out	Lock the race details	Understand cutoff times, elevation, weather profile, aid stations, and mandatory gear.
4 weeks out	Rehearse systems	Trial long-run fueling, vest setup, downhill strategy, and any crew communication.
2 weeks out	Finalize logistics	Book travel, organize drop bags, identify split targets, and make your gear list.
Race week	Simplify and sharpen	Double-check weather, pack in categories, review race-day flow, and reduce last-minute decision load.
Race morning	Execute calmly	Work from the checklist. Protect emotional energy for the actual race.

Key documents to save in one place	
☐ Race guide / athlete handbook	☐ Aid-station chart
☐ Mandatory gear list	☐ Travel / lodging confirmations
☐ Crew directions and access notes	

Drop bags, crew, and aid station planning

You do not need elaborate systems for every race, but you do need a clear process. The goal is to make support predictable so you can stay focused on moving forward.

Drop bag ideas	
☐ Fuel you know you will still want later	☐ Spare socks
☐ Weather layer or gloves	☐ Blister / chafing supplies
☐ Caffeine option	☐ Simple emotional “pick-me-up” item

Crew / support notes
☐ Where can crew legally access you?
☐ What are the expected arrival windows?
☐ What specific requests should they anticipate?
☐ What is your backup plan if you miss the expected time window?

Keep support instructions simple

- Give crew one-page instructions
- Color-code drop bags if multiple exist
- Use plain language: “Refill bottles, hand me gels, remind me to eat.”

Cutoffs, pacing, and weather readiness

A smart race plan is not built around your fantasy day. It is built around an informed range: best-case, realistic, and adversity-adjusted.

Planning questions
[] What pace or range keeps me comfortably ahead of cutoff?
[] Where are the slowest terrain sections?
[] How does heat, mud, or altitude change the equation?
[] What signs tell me I need to adjust effort sooner?

Weather decision framework		
Night before	Check the actual forecast	Do not pack based on a generic prediction from two weeks ago.
Morning of	Dress for first hour + carry for the rest	Avoid both over-dressing and under-preparing.
During race	Adjust before a problem escalates	Small choices early are easier than big corrections late.

Race-week mental strategy
• Reduce unnecessary decisions • Have one simple mantra or process cue • Expect at least one problem and decide in advance to solve it calmly

Master checklist + next-step offers

Use the final pages as your printable planning sheet. This is intentionally practical and can evolve into a paid toolkit product.

Race-week master checklist	
☐ Review athlete guide and course details	☐ Finalize fueling and hydration plan
☐ Lay out mandatory gear and optional gear	☐ Complete drop bags
☐ Confirm travel / lodging / packet pickup	☐ Text crew or support plan
☐ Charge watch, headlamp, phone, and lights	☐ Set race-morning checklist

Morning-of quick checklist	
☐ Eat planned breakfast	☐ Check weather one final time
☐ Pin bib and secure gear	☐ Apply anti-chafe and sunscreen
☐ Begin calmly — no rushing	☐ Start with your own race plan, not someone else's pace

Suggested monetization path

- Free guide: Trail Race Ready
- \$29 mini-offer: Race Ready Toolkit (expanded worksheets, crew sheets, drop-bag planner)
- \$79 course: Trail & Ultra Strength or a future Race Execution course
- Premium tier: 1:1 race-prep consults or coaching