

Lace Up, Gear Up & Buddy Up

You've registered, gotten your confirmation email and are excited to participate in the Great Race! Now what? There is a lot that needs to happen over the next 12 weeks, and it might feel very overwhelming if you don't know where to begin. I'm here to help you put a plan in place that will not only prepare you for your goal race, but also ensure you enjoy yourself along the way. I'm here to help you create sustainable practices that will stick around in the long run, and guarantee you have a "great race" in September.

There are three things you'll want to do right away: lace up, gear up and buddy up. Getting yourself a good pair of running shoes is the best up-front investment you can make. With 12 weeks of training ahead of you, the beat up tennis shoes you scored from the discount rack two years ago just aren't going to cut it. [Fleet Feet](#) has you covered. We'll do a visual inspection, a gait analysis and scan your foot using our [Fit id technology](#). Our [Fit Professionals](#) will talk to you about your training and racing goals to get you into the perfect pair of kicks.

It's also going to be hot, and you should be carrying water with you at all times. [Nathan products](#) do a great job of keeping you hydrated while seamlessly integrating onto your body. Trust me, their hydration handhelds don't feel like you're carrying around the water cooler. Moisture-wicking apparel ([especially headgear](#)) is going to be essential this time of year. You won't want to be carrying around extra water weight in damp clothes. If you only get a chance to run when it's dark outside, you should also get a [light or two](#) so motorists will see you and identify you as a runner.

Last but not least, find a buddy or two. Or five. Or fifty. We are social creatures who have survived this far by grouping into tribes. To create lasting, sustainable fitness practices you'll enjoy much greater success in a group. There are plenty of incredible running groups around Pittsburgh, like the [Fleet Feet Running Club](#), that offer plans, programs and mentorship for runners of all ability levels. We offer a coached training plan with both Beginner and Intermediate levels that meets as a team twice weekly during the season. Running with a group will both inspire and empower you, and make sure you stay on track with the training. You can learn more about joining our team [HERE](#) or by emailing training@fleetfeetpittsburgh.com.

Getting a head start on the basics will put you in a good place for a successful training season, and ensure a fun, positive experience. Check in next week to talk training, and learn why consistency is key!