OhioHealth
RACE DAY TIPS

Dr. Bring is board-certified in both sports medicine and family medicine, with fellowship training from Riverside Methodist Hospital in sports medicine.

BEFORE the Race
+ Complete the emergency contact and medical information on the back of your race bib
+ Visit the Emerald City Half and Quarter Marathon website to review the inclement weather policy and flag warning system
+ Review the medical tent locations on the race route map
+ Lay out everything you’ll wear or need the day before
+ Dress in layers with loose fitted clothing and avoid tights and compression socks as these may increase your risk of heat related illness
+ Dress as if it is 15 degrees warmer than actual race day temperatures
+ Bring throwaways to stay warm and dry while waiting for the race to start
+ Check your bag at gear check so you’ll have warm, dry clothing to wear after the race

DURING the Race
+ Stick to your training routine – race day is not the time to try something new
+ Use anti-chafe balm or adhesive bandages in areas susceptible to chafing
+ If you develop any chafing, medical tents along the course will have petroleum jelly
+ Pace yourself – even pacing is most efficient and safest
+ Watch for emergency flag systems that indicate any changing course conditions
+ Look out for your fellow participants and notify race personnel if you see someone in distress
+ Hydrate regularly and monitor for signs and symptoms of heat related illness (dizziness, headaches, confusion, fatigue, nausea and vomiting)
+ Seek medical attention if needed – medical tents will be accessible along the course and at the finish line

AFTER the Race
+ Keep your legs moving after you cross the finish line to avoid passing out after running
+ Please don’t wait for your training partners in the finish chute – the congestion places other participants at risk
+ Begin rehydrating with sports drinks and water
+ Stretch out at the OhioHealth stretching and cooling tent and seek help from medical personnel if needed
+ The main medical tent will be located at the end of runner recovery area
+ Consult a physician if you have an injury that persists 3–4 days following the race

ACHES AND PAINS?
24/7 Sports Medicine Injury Hotline
(614) 566-GAME (4263)
Toll-free (844) 360-GAME (4263)

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