

OhioHealth RACE DAY TIPS



Provided by Benjamin Bring, DO, OhioHealth Emerald City Half and Quarter Marathon



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)

