



Advocate Dreyer
Fox Valley MARATHON

HALF MARATHON & Fall Final 20



Sunday, Sept. 18, 2011, 7 a.m. St. Charles, IL

From Our Medical Director

Runner's Information Guide

Services

PRE-RACE

- A. Preparation for a marathon should be individualized to your level of competition. There are several training programs available so choose wisely and appropriately.
- B. Proper footwear is designed to fit your foot structure and function so make sure to choose the correct shoe. Recommendations are to change to new shoes every 400-500 miles due to breakdown in the material. Race shoes should also be broken in several weeks before the actual race.
- C. Questions regarding health problems should be addressed by your regular physician well in advance of race day.
- D. Any chronic medical problems (ie: hypertension, diabetes, asthma) should be under control throughout your training program and especially on race day.

ON THE COURSE

- A. Medical stations will be set up and marked at every 1 to 2 miles along the race course. Medical staff will be wearing red shirts and ID badges. First aid supplies, such as bandages and Vaseline, will be available at each aid station. Other emergency supplies will also be available if needed.
- B. Ambulances will be called for participants experiencing life-threatening issues during or after the race. Golf carts will be available to medical staff for emergencies occurring between aid stations. If a fellow runner is down on the course, please alert the medical staff at the nearest aid station.

FINISH LINE

- A. The Main Medical tent will be marked at the course Start/Finish line and will provide medical services to injured participants. Athletes will be discharged from the tent when medically stable to leave. The medical staff will be watching for athletes displaying signs of injuries and other medical problems at the finish line. First aid and emergency medical supplies will be available at the tent.
- B. A dedicated ambulance will be present at the Start/Finish line for participants having any serious medical issues at the end of the race.

Storm Safety Plan

RACE CANCELLATION / DELAY

- A. The start of the **Advocate Dreyer Fox Valley Marathon** will be delayed up to one (1) hour if any of the following weather conditions exist: tornado watch, thunderstorm / lightening, "heavy" rain.
- B. The event will be cancelled if one of the following weather conditions exists: tornado warning, severe thunderstorm / lightening.

AUTHORITY TO CANCEL / DELAY

- A. The Race Director, in accordance with local law enforcement and fire/safety, has the sole authority to cancel / delay this event.
- B. If threatening weather conditions force cancellation of the event, no refunds can be provided, since funds are spent in preparation for race day. T-shirts will be distributed.

CANCELLATION / DELAY BROADCAST

- A. The media broadcasting the event and the event emcees will communicate any delay and/or cancellation of the **Advocate Dreyer Fox Valley Marathon**.
- B. Warnings regarding inclement weather will be communicated to all medical staff and will then be relayed to the runners on the course. If necessary, medical staff will direct athletes and spectators to safety areas as instructed by the Race Director and law enforcement.

RACE CONDITION COLOR CODE SYSTEM

- A. A color coding system will be used on the course at the start line and at the aid stations to alert runners to conditions on the course.
- B. Please abide by the system and take appropriate action if the race conditions change.

Green: Running on Schedule: course and weather conditions acceptable.

Orange: Delayed Start: waiting for weather or the course to clear.

Yellow: Heat Advisory: runners advised to take appropriate precautions.

Red: Extreme Heat Advisory: runners advised to slow run or walk.

Black: Race is Closed: make your way back to the finish line; however, no official times will be given.

Hydration

PRE-RACE

- A. **Excessive pre-race hydration is not recommended** - it may actually be harmful in some cases. Drink when thirsty during your training. Complete hydration each day after your run. Alternating water and sports drinks can be an effective way to replace both fluids and important electrolytes in the body.
- B. A hydration plan is important to prevent problems like dehydration and hyponatremia. Knowing the warning signs for both is imperative. Several organizations, including the American Medical Athletic Association, have put together free brochures for runners on the topic.
- C. Another way to monitor hydration status is to check your urine. If it is rather dark and almost tea-colored, this alludes to highly concentrated urine and may indicate dehydration.

RACE DAY

- A. Each individual must develop a hydration program specific to their needs since it is difficult to predict who will have problems with dehydration during a race. This should be incorporated into their training regimen well in advance of the race.
- B. It is important to drink water or sports drinks to replace lost fluids. However, over hydration can be a problem due to dilution effects and its association with low sodium. Remember to only drink when thirsty along the course.
- C. **Hyponatremia** (low blood sodium) can be a serious complication of running itself, or associated with over hydration while training for an endurance event. **Hyponatremia** is defined as a sodium level of less than 135 mEq/L. Symptoms of this disorder include: weight gain during activity, swelling of the hands and feet, headache, dizziness, nausea and vomiting, severe cramps, confusion and can even result in seizures, coma and death. This disorder has been more closely associated with high endurance athletes, those who restrict sodium in their diets or are taking non-steroidal anti-inflammatory medications regularly, beginner marathoners who over hydrate, and female gender. It can be prevented by being aware of the problem, developing a hydration plan, and by watching for signs and symptoms of over hydration.
- D. Pace yourself as to run at a pace that will allow you to finish the race.

POST-RACE

- A. Again, replacing any weight lost during the race is important. Your weight will be key to knowing if you are rehydrated properly. Alternating water and sports drinks, as well as eating salty foods like pretzels or popcorn, are effective ways to rehydrate you and maintain proper electrolyte balance.
- B. Be aware of the warning signs of dehydration and hyponatremia and report them to medical staff both during and after the race.

Race Day Weather

COLD WEATHER

- A. Since September weather can be variable in Illinois, it is important to wear appropriate clothing the day of the race.
- B. Extra gear can be left with friends or family members before the start of the event. Be sure to make plans for a meeting place afterwards.
- C. Mylar blankets will be handed out at the finish line to help maintain body heat. However, these provide only limited conservation of core body temperature so be sure to bring extra clothing.
- D. Layering clothing is an effective way to stay warm and comfortable when outer layers are discarded as body temperature increases during the race.

WARM WEATHER

- A. Weather can be unseasonably warm in Chicago during the month of September so it's important to be aware of the weather forecast prior to race day and come prepared.
- B. Heat illness and heat stroke are always a risk with running endurance events but warmer weather can add to that risk.
- C. Listen to your body and seek medical help if you experience any symptoms of weakness, dizziness, confusion, blurred vision, nausea and vomiting, or cramping, which can be associated with heat illnesses.

RACE FINISH

- A. It will be very helpful to continue walking after finishing the race to allow dispersed blood flow that has been directed to the muscles in your legs and arms to be redistributed to your core body and vital organs. This equilibration period is essential.
- B. Sitting or lying down is NEVER recommended immediately after a race. If you must lie down due to illness, lie on your back with your legs elevated to increase circulation to your core and head.

Race Participant Responsibilities

- Consult your physician with any medical problems known prior to the race.
- Complete the Emergency Contact and Medical History portions on the back of your bib number.
- Listen to the weather forecast for the day of the race.
- Adjust and fine-tune your plan for race day hydration based on pace, weather and symptoms.
- Please ask for assistance during the race if you do not feel well.
- Please help your fellow runners during the race.
- If you do not feel well enough the morning of the race ... *DO NOT RUN!!!*
- Most importantly ... *HAVE A GREAT RACE!!!!*