

RACE PARTICIPANT INFORMATION FOX VALLEY MARATHON RACES

I. Services

PRE-RACE

- A. Preparation for a marathon, half-marathon, or 20-mile run should be individualized to your level of fitness and 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 you 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 (e.g., hypertension, diabetes, asthma) should be under good control throughout your training program and especially on race day.

ON THE COURSE

- A. Medical stations will be set up every 2 to 3 miles along the race course near every aid station and will be marked. Medical staff will be wearing lime neon green medical vest. 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. Race Guards will be running with you on the course as well. They are volunteers trained in CPR, AED and First Aid who are committed to assisting race participants with any medical or physical support need in a race.
- C. Ambulances will be called for anyone having life-threatening problems during or after the race. Medical staff in golf carts will patrol between aid stations for emergencies. If you see a fellow runner down on the course, please alert the nearest aid station or the nearest Race Guard.



FINISH LINE

- A. The main medical tent will be located at the Start/Finish line of the course 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. First aid and emergency medical supplies will be available in the tent.
- B. One dedicated ambulance will be present at the Start/Finish line for participants having any serious medical issues at the end of the race.

II. Storm Safety Plan

RACE CANCELLATION/DELAY

- A. The start of the **Fox Valley Marathon Races** will be delayed up to 1 hour if any of the following weather conditions exist: Tornado watch, thunderstorm/lightning, "heavy" rain.
- B. The event will be canceled if one of the following weather conditions exists: Tornado warning, severe thunderstorm/lightning

AUTHORITY TO CANCEL/DELAY

- A. The Race Director, in accordance with local law enforcement and fire/safety, has the authority to cancel/delay this event.
- B. If threatening weather conditions force cancellation of the event, no refunds can be provided.

CANCELLATION/DELAY BROADCAST

- A. The event announcer will communicate any delay and/or cancellation of the **Fox Valley Marathon**. This information will also be reported on our website: www.fv26.com
- B. Warnings regarding inclement weather will be reported to all medical staff via cell phones or two-way radio transmission and will be communicated to the runners.
- C. If necessary, medical personnel will direct athletes and spectators to safer areas as instructed by the Race Director and law enforcement.

III. Hydration

PRE-RACE

- A. **Early or excessive pre-race hydration is not recommended.** It may actually be harmful in some cases. Drink when you are thirsty during your training. 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 (low blood sodium). Knowing the warning signs for both is imperative. Several organizations, including the American Medical Athletic Association, have put together free brochures for runners on these topics.
- C. One way to prevent dehydration or hyponatremia is to know your individual fluid needs based on your sweat rate. You can calculate your sweat rate by doing the following:
- 1) Weigh yourself when nude and dry
 - 2) Run for an hour at race pace (and ideally under the same weather conditions that will exist on race day)
 - 3) Right after the run, weigh yourself again nude and dry
 - 4) Convert the difference between pre- and post-run weight to ounces (1 lb = 16 oz)
 - 5) Add any amount of fluid you consumed during the run (example: if you lost 1 lb [which is 16 oz] and drank 16 oz, your fluid needs would be 32 oz.)
 - 6) This is the amount of fluid that you should replace every hour during the race. Divide the number by 4 to estimate how much to consume roughly every 15 minutes.
- D. Another way to monitor hydration status is to check the color of your urine. If it is rather dark and almost tea-colored, this suggests highly concentrated urine, and you may be dehydrated.

RACE DAY

- A. Since it is difficult to predict who will have problems with dehydration, each individual must develop a hydration program specific to their needs. 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 drink only when you are 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. It 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, and confusion. Hyponatremia 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 medicine (e.g., ibuprofen) 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. 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 your key. 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 personnel.

IV. Race Day Weather

COLD WEATHER

- A. Since September weather can be variable in Northern Illinois, it is important to wear appropriate clothing the day of the race.
- B. Extra gear can be left at gear check or with friends or family members before the start of the event, but 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 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 as you may discard outer layers as your body temperature increases during the race.

WARM WEATHER

- A. The weather can also be unseasonably warm in Northern Illinois during the month of September. It is 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 adds 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.

V. Race Finish

- A. A common problem some runners face after a marathon is Exercise-Associated Collapse, or EAC. EAC occurs when a runner stops moving abruptly at the end of the race. This can cause blood to pool in the lower part of the body, leading to lightheadedness and collapse. It will be helpful for you to continue walking after you finish 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.

VI. Race Participant Responsibilities

- A. Consult your physician regarding any medical problems prior to the race.
- B. On the back of your bib, please write your full name, age, date of birth, an emergency contact, and list any medical conditions. Additional information you should include on the back of your bib includes: your training weight and pre-race weight, allergies, and any medications or supplements you are taking.
- C. Listen to the weather forecast for the day of the race.
- D. Adjust and fine-tune your plan for race day hydration based on pace, weather, and symptoms.
- E. Please ask for assistance during the race if you do not feel well.
- F. Please help your fellow runners during the race.
- G. If you do not feel well enough the morning of the race, DO NOT RUN!!!

...most of all,
HAVE A GREAT RACE 😊