



RACE DAY TIPS

Provided by Dr. Darrin Bright, OhioHealth Capital City Half Marathon Medical Director

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What to Do BEFORE the Race

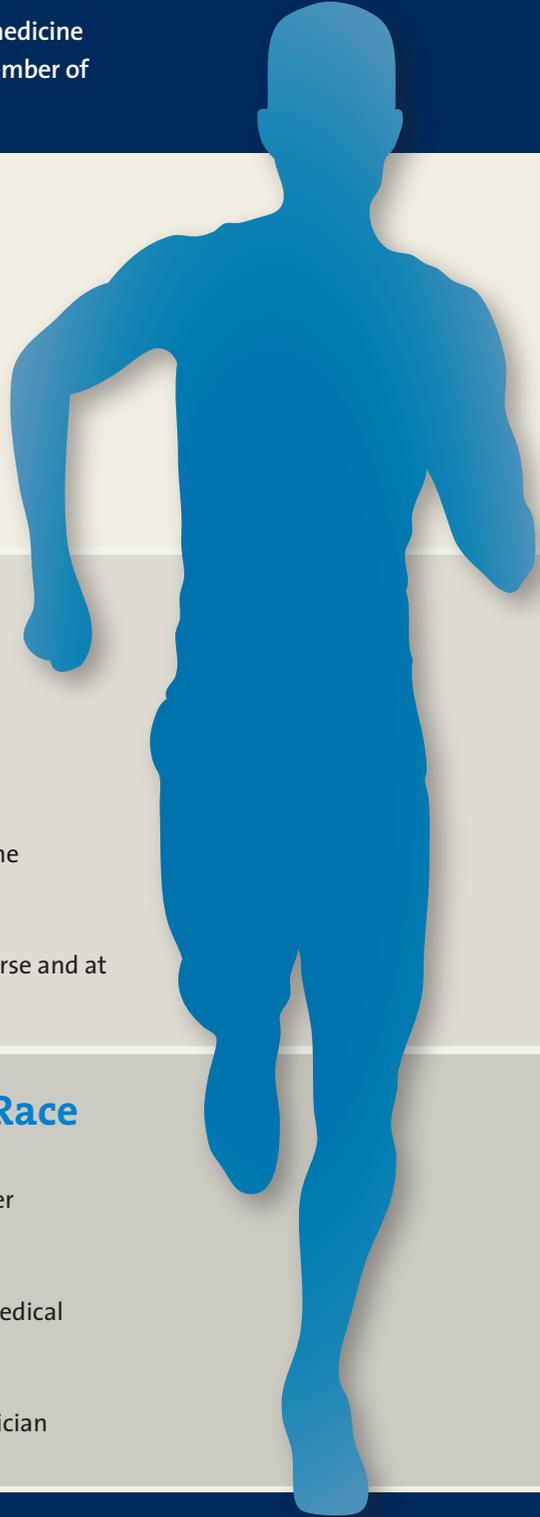
- + Complete the emergency contact and medical information on the back of your race number
- + Lay out everything you'll wear or need the day before
- + Dress in layers
- + Dress as if it is 15 degrees warmer than actual race day temperatures
- + Bring "throw away's" to stay warm and dry while waiting for the race to start
- + Check your bag at gear check so you'll have warm, dry clothing for after the race

What to Do DURING the Race

- + Stick to what you know - race day is not the time to try something new
- + Use Body Glide and/or band aids in areas susceptible to chafing
- + If you develop any chafing, medical tents along the course will have Vaseline
- + Pace yourself — even pacing is most efficient and safest
- + Watch for emergency flag system to indicate any changing course conditions
- + Look out for your fellow participants and notify race personnel if you see someone in distress
- + Hydrate regularly
- + Seek medical attention if needed - medical tents will be accessible along the course and at the finish line

What to Do Immediately AFTER Finishing the Race

- + Keep your legs moving after you cross the finish line
- + Please don't wait for your training partners in the finish chute as this places other participants at risk
- + Begin rehydrating with sports drinks and water available at the finish line
- + Stretch out at the OhioHealth Stretching and Cooling tent and seek help from medical personnel if needed
- + Avoid running for the first 7–10 days during your recovery
- + If you have an injury that persists for 3–4 days following the race, consult a physician



Aches and Pains?

Call OhioHealth's 24/7 Sports Medicine Hotline to talk to a sports medicine expert at (614) 566-GAME (4263). Same-day appointments available.