Welcome to the Rose Festival Half Marathon!

In half marathon events anything can happen. Even the most experienced runners have been known to develop medical problems during the course of the 13.1-mile events.

The most common problems are weather related heat or cold stress, dehydration and exhaustion. Muscles strain and blisters are also common occurrences. This advice sheet supplements any advice that you may have already received from your personal physician and trainers.

**If you have any current medical or mental health conditions** that make running a half marathon a risk, such as, but not limited to diabetes, epilepsy, asthma, coronary history, or recent surgery, please:

- Notify the medical staff in advance. We are here to support you, and are located in the large white tent at the finish line on race morning.
- Place an ‘X’ across the front of your race number to let us know you may need extra care. On the back of the number write the details of your condition, especially any medication that you may be taking.
- If you are regularly taking medication prescribed by your physician, do not interrupt your routine.

**Diet**  Before the event, eat familiar foods. Do not make any drastic changes. This means if you are not accustomed to pizza, do not eat pizza. Many people carbohydrate load prior to the event by increasing the intake of pastas, breads, potatoes, cereals, rice and sweets. This is not always recommended. Follow the routine you are familiar with. As you approach the event, your mileage should be drastically reduced and the amount of rest you get increased. Excessive carbohydrate loading can cause stomach irritation.

**Fluids**  Large volumes of fluid are lost though sweating. The body rapidly becomes dehydrated during the course of a half marathon. It is important to drink plenty of fluids for several days prior to the event, as well as during the event. Drink enough fluids to maintain an abundant amount of pale urine. Drink plenty of fluids throughout the event, even before you feel thirsty, especially during the first half. Alcohol and caffeinated drinks are dehydrating. For example, if you drink a pint of beer or coffee, you will produce more than a pint of urine. Thus, excessive consumption of caffeinated or alcoholic beverages can be dangerous prior to running a half marathon. If raining, keep drinking! Rain is not a form of hydration! Suggested intake is to alternate between plain water and an electrolyte solution. Most aid stations on course will have both.

**Clothing**  It is important to wear comfortable clothing. Irritating spots such as tags and seams should be examined. Over 13.1-miles they can rub, irritate and possibly cause bleeding. This is also true for shoes. Make sure the shoes you are wearing are well broken in, yet still have plenty of life left in them. Blisters are a well-known nemesis to runners. Properly fitting shoes and quality socks can prevent such occurrences. Petroleum jelly or Glide may reduce irritation at sensitive spots such as nipples, inner thigh, underarms and toes.

**The Night Before**  Relax and enjoy yourself. Drink plenty of fluids and eat plenty of carbohydrates with protein. Lay out your singlet, shorts, socks and shoes. Make sure nothing is
EVENT DAY
Wellness: If you don’t feel well at the start of the race, DON’T RUN. Most medical emergencies occur with people who have not been feeling well prior to the event. If you feel feverish, have been vomiting, have diarrhea or any type of chest pain, it is unadvisable for you to jeopardize your health for one event. Wear appropriate clothing for the weather.
Weather: ON A COLD DAY wear several layers that may be shed during the course of the event if needed. Most people shed clothing for the first 3 miles. A hat and gloves are easily carried and prevent a great deal of heat loss. IF IT IS HOT, wear loose clothing, preferably a wicking material that enhances evaporation. If it is sunny, try to run in the shade as much as possible and drink whenever you can. Starting the race well hydrated will help prevent muscle cramping and dizziness in the later stages of the race.
Nutrition: It is not recommended to skip breakfast. You will need ready fuel for your run/walk!

THE FINISH LINE At the finish line, DO NOT STAND AROUND OR STOP. Regardless of the weather, it is important to keep moving. Your circulatory system is your body’s antifreeze and coolant; therefore, your body needs to keep moving to keep your blood moving. If you stop too soon it is easy to become too hot and hyperthermic. It is equally important to keep moving in cold weather, because body movement produces heat and circulation prevents body parts from getting too cold. It is important that you change into warm, dry clothes immediately. Keep drinking plenty of fluids to help relieve your body of muscular by-products. Bananas, orange juice and other foods high in potassium will assist you metabolically. Massage may be available at the finish and may aid in the recovery process.

WHERE CAN I GET HELP?
ON THE COURSE: Medical Aid Stations are available along the course located near most major water aid stations. Medical personnel will have red shirts with a medical cross on them. They are equipped to assist with minor emergencies and will properly direct those with major emergencies, including calling for the on-course ambulances for assistance. If you need help find an aid station for assistance. If you are unable to finish the race, stop. Roving vehicles will provide transport back to the finish area, but not to the medical tent. If you require medical attention, please proceed to a hospital.
AT THE FINISH: A comprehensive medical aid station is available where you can receive temporary treatment for non emergencymedical conditions. If you proceed outside of the finish line area and decide you need medical assistance, return to the medical tent or proceed to an area hospital.

Make sure your relatives know your race number. Carry a cell phone. Be courteous to other runners. Have FUN!!

Keep this sheet for your reference. Good Luck, and enjoy your Rose Festival Half Marathon Event and weekend. Have a great race!

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