

OHIOHEALTH RACE DAY TIPS

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



Dr. Bright is a board-certified family medicine and sports medicine physician with OhioHealth MAX Sports Medicine and a member of the OhioHealth Sports Medicine Institute.

BEFORE the Race

- + Complete the emergency contact and medical information on the back of your race bib
- + 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 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 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
- + 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
- + 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
- + Avoid running for 7–10 days after your race
- + 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)



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