

# Weather / Medical Policies

## DeWitt Take a Breath for PH and Get Moving for MS

### Adverse Weather Policies

**Threatening Weather Conditions** - The DeWitt Take a Breath for PH and Get Moving for MS events will be canceled or delayed if any of the following weather conditions exist: Tornado Warning, Tornado Watch, Thunderstorm, or "Heavy" Rain.

**Delayed Start of the Race** - The start of any of the events can be delayed one hour from the posted start time if any of the above mentioned conditions exist.

**Adverse Weather Shelters** - If adverse weather conditions exist shelter can be taken in vehicles, restrooms and the overhang to the building.

**Cancellation of the Race** - The events will be canceled if one of the following weather conditions exist: Tornado Warning, Thunderstorm

**Authority to Cancel the Race** - The Race Directors, in accordance with local law enforcement has the authority to cancel any of the events. If threatening weather conditions force cancellation of the event, no refunds can be provided, since funds were already spent in preparation for Race Day. T-shirts will be distributed.

**Broadcast of Cancellation** - The event emcees will communicate any delay and/or cancellation of the races. This status will also be posted on the event FaceBook page at <http://www.facebook.com/dewittracephms>. Ground Zero is located at the stadium pressbox and will be utilized to communicate the decision.

### Medical Policies

If medical attention is required on the race course or at the finish line, Medical staff is available to treat minor injuries and provide basic support. Insurance liabilities mandate that should a participant require and consent to an IV for fluid replacement or treatment of serious injuries, they must be transported to a local hospital at their own expense. Therefore, it is urged that participants abide by the following guidelines to prevent the need for such treatment. It is important that participants attempting to take part in any athletic event be adequately prepared. Entrants who have not prepared themselves with proper training should not attempt this course.

### Guidelines

Avoid exercising to exhaustion within the week preceding the race. Avoid fatty foods on race day. Athletes are encouraged to consume carbohydrates for 3-4 days prior to completion of the race.

Pre-run warm-up should be followed by stretching exercises of the calf, hamstring, quadriceps, groin and trunk muscles. If muscle tightness or cramps occur during the race, stop and stretch.

Blisters can be prevented by wearing well fitted, broken-in shoes and soft light weight socks. Remove pebbles immediately. Toenails should be trimmed. If a hot spot develops, stop at an aid station for care.

Chafing occurs where clothing rubs against the skin. Chafing can be prevented by wearing loose-fitting clothing and applying petroleum jelly or protective bandaging to susceptible areas such as nipples, armpits, neckline, groin and feet.

There will be many runners/walkers, so run/walk defensively. Watch out for other participants and vehicles and yield if necessary.

Pace Yourself. Don't burn yourself out by starting too quickly. Common sense is the key.

Maintenance of adequate hydration is the most important preventive measure. When the weather heats up, it is suggested to drink more water. However, when exercising in hot weather consider the following: Don't over-drink. In longer walks/runs, a lot of sweat is lost. Sweat contains both water and electrolytes. Both need to be replaced to avoid medical complications. If this is done solely with water, an imbalance may occur - too much water, not enough sodium. To avoid this problem, it is suggested the following: Drink 16 oz of fluid 1-2 hours prior to starting the race. Drink another 8-16 oz ½ hour prior to the race. During the race, drink no more than 3-6 oz per mile. Adjust the rate of fluid intake to race pace: slower race pace=slower drinking rate. Aid Stations may be closer together than needed - you do not have to drink at each one. Consider using a sports drink (such as Gatorade) to replenish fluid - it has electrolytes already mixed in.

Be Cautious about taking anti-inflammatories/NSAIDS (Motrin, Advil, Ibuprofen, Aleve) 24 hours prior to a race. During exercise, the kidneys play a key role in regulating electrolytes to prevent dehydration. NSAIDS affect the kidneys ability to regulate these electrolytes & can cause other medical problems. Taking Tylenol is okay.

Inform family or friends of your participant number, as this will assist in locating them.

Legibly print emergency contact information (name, phone number, relationship) on the back side of your bib, to enable quick and easy contact if necessary.