

Safety, Tips and Race Day Checklist For All Race Participants

MEET YOUR MEDICAL TEAM

The San Diego Half Marathon medical team is a group of volunteer personnel from throughout San Diego County and will be stationed at 4 medical stations along the course and 2 in the finish area. In addition, Race Guard volunteers will start in each wave and are certified in first aid, trained in CPR and AEDs, and carry first aid supplies. For your safety and enjoyment, we recommend that you please:

- **Fill out the back of your race bib** with your important medical information prior to the start of the race.
- **Notify medical staff if you have any current medical conditions.** These include, but are not limited to: allergies, diabetes, coronary history, asthma, epilepsy or recent surgery.
- **Pay particular attention to your individual body needs** and take the time to learn about your preferences from your training runs.



Medical volunteers will be wearing red shirts with white crosses.

HELPFUL TIPS FOR RACE WEEKEND

+ HYDRATION

San Diego is known for moderate weather, however, always be prepared for a warm day to avoid dehydration. Your best defense is to hydrate the week before the race by drinking plenty of fluids. Be conscious of your thirst level at all times and stay well hydrated. On race day, take advantage of our aid stations with water and electrolyte, especially during the first half. Drinking too much fluid can cause low blood salt, so it is important to maintain a balance in drinking the right amount. *Hydration Tip: the best way to determine whether you are drinking enough is to check the color of your urine: if your urine is pale in color, you are well hydrated; if it is darker, i.e., tea colored, drink more fluids.*

To combat the risk of dehydration or heat-related illness, avoid:

- ephedra
- alcohol
- caffeine
- cold or sinus medications
- anti-diarrhea medications

Ultima, our official electrolyte drink, will be offered at various aid stations along the course.

If you take any prescription medications regularly, consult your doctor on whether you should continue with your normal routine. As long as you have no medical contraindications, your doctor may advise you to take one 81 mg baby aspirin prior to the race to help blood flow.

+ NUTRITION

While it is common for many people to “carb load” with pasta, bread, rice, potatoes, cereal or even sweets the night before race day, these can cause stomach irritation. It is advisable to eat food familiar to you without making any drastic changes. For race day, experiment to find out what works best for you. *Nutrition Tip: Many runners carry pretzels, energy gels or other snacks with them on the course.*

Energy Gels will be offered at Mile 6.2 of the half marathon.



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+ WHAT TO WEAR

- Break-in your shoes by wearing them beforehand on several long runs.
- Select apparel made of a technical fabric that can wick away moisture.
- Test running apparel to determine which ones are most comfortable for you.
- Avoid shirts or shorts with stiff seams and remove irritating tags.
- If it's cold, wear a layer of clothing that you can gear check before the start.
- Wear high quality socks. Compression socks have the added benefit of increasing circulation.

To avoid chafing, apply petroleum jelly (Vaseline®) or BodyGlide®, to common irritation spots such as nipples, underarms, inner thighs and toes. *Anti-chafing Tip: For your convenience, medical volunteers will have petroleum jelly at the medical stations along the course.*

☑ CHECKLIST - NIGHT BEFORE THE RACE

Relax, try to get a good night's sleep and lay out everything the night before:

- Shirt, with your race bib pinned to it (with medical info filled out on reverse)
- Gear Check cinch bag, with gear check ticket secured to it with provided zip tie
- Bottoms
- Socks
- Shoes
- Hat
- Sunscreen, sport formula so you don't 'sweat it off'
- Energy Gels, pretzel and/or other preferred fuel, if carrying your own
- Headphones, volume at a safe level so that you can hear your surroundings
- Fuel belt and or water bottle
- Have a plan to store your valuables, i.e. car keys, ID, credit card, cash
- Charge your phone and/or mp3 player
- Charge your GPS watch

+ RACE DAY

Race Day #1 Tip: No matter how cool something looks at the expo, "nothing new on race day!"

- If you don't feel well, consult your physician. Most medical emergencies occur with participants that have not been feeling well prior to the event, so if you have any of the following, please check with your physician before running:
 - Chest pain
 - Diarrhea
 - Nausea/vomiting, or
 - Fever
- Share your bib number with your friends/family members, consider carrying a cell phone and let everyone know where/when to meet up with you after the race.
- After you cross the finish line, keep walking for 15-20 minutes to allow your body to cool off and keep your blood circulating. Take in any carb or electrolyte replacement *slowly*.
- **Enjoy your finish experience and sense of accomplishment - you deserve it! ☺**

*To a safe and fun-filled race,
San Diego Half Marathon Medical Team*