



Summa Center for Sports Health

St. Thomas Hospital
Main 3
444 North Main St.
Akron, OH 44310
Phone (330) 379-5356

Sports Medicine Physician

St. Thomas Hospital
20 Olive Street, Suite 201
Akron, Ohio 44310
Phone (330) 379-9544

Western Reserve
5655 Hudson Dr. #200
Hudson, OH 44236
Phone (330) 342-4612

Sports Rehabilitation Sites

St. Thomas Hospital
Main 3
444 North Main St.
Akron, OH 44310
Phone (330) 379-5200

Summa Health Ctr @ Green
3838 Massillon Rd.
Uniontown, OH 44685
Phone: (330)-899-5599

Summa Rehab Services @ White Pond
750 White Pond Dr.
Akron, OH 44320
Phone: (330) 836-9023

Natatorium Rehabilitation and Wellness Center
2345 4th St.
Cuyahoga Falls, OH 44221
Phone: (330) 926-0384

Summa Rehab Services @ Western Reserve
5655 Hudson Dr.
Hudson, OH 44236
Phone: (330) 379-5200

www.summahealth.org

MARATHON TRAINING TIPS "Tips for After the Race"

1. **DO NOT stop moving** immediately after the race, especially in the chutes after the race. Continue to either walk or jog slowly. Massage and stretch your muscles. Drink water or glucose-electrolyte solutions to relieve thirst. Avoid drinking large amounts of water as the only drink.
2. If you are **ill or injured** at the conclusion of the race, look for volunteers in red shirts (medical) or go to the medical tent inside Canal Park (Akron Roadrunner Marathon).
3. **Cool down and stretch** after the race once you have moved through the chutes.
4. **Stay in the company of others** for at least 6 hours following the race in case a medical problem does develop.
5. **Eat a meal high in carbohydrates** within the first hour after the race to help aid recovery.

These tips are provided by **Dr. Nilesh Shah** – Medical Director for Summa Center for Sports Health and the Akron Roadrunner Marathon and a member of the Vertical Runner Racing Team.

For same day / next day appointments:

330-379-9544 (St. Thomas)
330-342-4612 (Hudson)

Ask the doc @ sportsmeddoc@summa-health.org

www.summahealth.org (services; other; sports health)