



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 "During the Race"

1. Medical volunteers provided by Summa Health System will be at the medical tents approximately every 2 miles and can be identified by red shirts.
 - a. Provide hands on examination of runners
 - b. Provide basic first aid and emergency treatment
 - c. Visiting a medical tent does not automatically disqualify a racer, BUT the physician at the tent may disqualify a runner if it is felt that continuation of the event is detrimental to the runner's health.
2. Go at your own pace...don't start too quickly.
3. Drink up to 1 ½ - 2 quarts of water and/or sports drink during the race. Drink slightly more if experiencing heavy sweating. Many experts suggest that you drink 3-4 oz. at 12-16 different water stations along the race course. There are 20 water stations along the course. (Akron Roadrunner Marathon)
4. Watch for pot holes, curbs, etc. when running.
5. If you drop out of the race, please report to a medical station or amateur radio operator. They can contact the Central Command of your location so that family/friends can find you if needed. They can also contact the SAG vehicle to come and pick you up. Please remember that you may have to wait as long as an hour or so for this vehicle to get to you, so please be patient.
6. Sweep or SAG vehicles are available to transport you to the finish line if you are unable to finish the race for a non-emergency situation. Please go to the nearest medical tent or amateur radio operator.
7. If you experience the following symptoms while running, please STOP RUNNING and go to the nearest medical tent or approach an officer or amateur radio operator:
 - a. Muscle cramps in the abdomen or legs
 - b. Nausea or vomiting
 - c. Generalized weakness
 - d. Profuse sweating
 - e. Feeling lightheaded or dizzy
 - f. Fever or chills
 - g. Chest pain with shortness of breath
8. If you experience a leg cramp – slow down or stop running; relax and apply direct pressure with the palm of your hand to the affected area.
9. Avoid sudden sprinting.
10. If you experience a "stitch" or sharp pain in your side, slow down or stop running; relax and apply direct pressure with the palm of your hand to the affected area.
11. Stay on the course. If you are in distress, go to the nearest medical tent or approach an officer, marathon official or amateur radio operator.

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