



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 "The Morning of the Race"

1. **DO NOT start the race** if you are experiencing
 - a. Fever
 - b. Generalized weakness
 - c. Sore throat
 - d. Severe cough
 - e. Vomiting
 - f. Diarrhea
 - g. Cold or flu
2. Eat a **light breakfast** including mostly liquids and carbohydrates (cereal, toast and juice) about 3 hours prior to the race.
3. **Dress** according to the weather
 - a. Clothing should be comfortable and loose-fitting.
 - b. Hot day - wear light colored clothing
 - c. Avoid wearing new clothes and dressing too warmly
 - d. If you feel comfortably dressed for the race at the beginning...you are probably over-dressed
 - e. Wear a hat if the day is sunny or cold
4. Apply **petroleum jelly** to your inner thighs and nipples to avoid chaffing. (You may want to cover your nipples with adhesive bandages). Vaseline and band aids will be available at each medical tent on the course.
5. Wear proper **running shoes** that fit well and feel comfortable. Do not wear new or badly worn shoes.
6. **Instruct family members to meet you at a pre-determined location** after the event. The seating area at the finish line at Canal Park will have signs for A-B, C-F, etc. These marked areas will be the easiest place to meet friends and family.

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)