



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) 379-5051

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

Cuyahoga Falls Natatorium
2341 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

AKRON MARATHON MEDICAL AID STATIONS

Summa Health System and Summa Center for Sports Health will have Medical Aid Stations set up at 15 sites throughout the course. (about every 2 miles and at the end more frequently)

The Medical Aid Stations will be staffed by: physicians, nurses, respiratory therapists (finish line only), and physical therapists and/or athletic trainers, as well as support personnel.

HOW TO ACCESS THE MEDICAL AID STATIONS:

- In the event you need medical attention, go to the nearest Medical Aid Station.
- The staff at the Medical Aid Station will sign you in and provide medical attention.
- In the event that you are unable to complete the race and need assistance, either a SAG vehicle will take you to the finish line or EMS will transport you to the nearest hospital
- In the event that you are unable to make it to the nearest Medical Aid Station, Ham-Radio operators and uniformed Police Officers that are positioned along the race course will contact appropriate medical personnel to assist you.

WHAT THE MEDICAL AID STATIONS WILL PROVIDE:

- A medical evaluation by a physician
- Basic first aid for cuts, blisters, abrasions, cramps, etc; including skin lube, band-aids and other treatments.
- Basic first aid for sprains/strains including ice, ace wraps and crutches as needed
- Basic first aid for dehydration and heat illness
- Blankets for thermal protection
- BP checks
- IV's (finish line ONLY)
- Oxygen (finish line ONLY)

NO NSAID's (Non-Steroidal Anti-inflammatory Drugs such as Advil, Ibuprofen, etc) will be provided at the medical tents. NSAIDs, especially in a dehydrated runner, can adversely affect the kidneys. Tylenol will be available.

NO FOOD ITEMS will be at the medical tents.

Please fill out your **MEDICAL INFO ON THE BACK OF YOUR RACE NUMBER** before the race!

If a runner needs medical attention at the end of / after the race, you MUST go to the final medical tent located on the outfield at Canal Park.

These tips are provided by **Dr. Nilesh Shah** – Medical Director for Summa Center for Sports Health and the Akron Roadrunner Marathon

For same day / next day appointments:

330-379-5051 (St. Thomas)

330-342-4612 (Hudson)

Ask the doc @ sportsmeddoc@summa-health.org

www.summahealth.org/sportshealth