Race Day Tips

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1. What to Do Before the Race

Please complete the requested contact and medical information on the back of your race number. Providing this information will allow for our medical team to provide you the best possible care. It will also allow us to get in touch with your family in an emergency situation.

2. What to Wear to the Race

Spring time in Ohio frequently brings variable weather conditions. The weather prior to the start of the race may be very different from what you will experience as you cross the finish line. You will want to dress in layers. Many participants will bring “throw-aways” which they will discard after the start of the race. These old unwanted sweatshirts, jackets, and sweat pants will provide necessary warmth and protection from the elements while you’re standing and waiting for the race to start. However, as you begin moving your core temperature will rise and the need for this clothing will diminish. Don’t worry about all that discarded clothing at the starting area as it is collected and donated to a local shelter.

3. What to Wear During the Race

Once the race begins, a general rule of thumb is to dress as if it is 15 degrees warmer than actual race day temperatures. Don’t forget about chafing. I see hundreds of finishers every year come through the finish line bleeding from areas that are susceptible to chafing. Use Body Glide, under your arms and between your legs. Gentleman, don’t forget to wear band aids to avoid the dreaded bloody nipples!

4. What to Wear After the Race

It will also be important to have warm, dry clothing for after the race. Participants frequently feel chilled (especially in wet conditions) after they have finished the race. Do not plan on having a mylar blanket after the race as they will not be provided. Post-race clothing can be secured in your gear bag that you check prior to the start of the race. These bags will then be available in the finish area after the race. Remove any wet clothing as soon as possible and change into your dry clothing.

5. What to Do Immediately After Finishing

After completing the race it is important to keep the legs moving. This can be accomplished by walking around the finish area for 5-10 minutes. During the race your legs required a significant amount of blood flow to supply the exercising muscles with fuel. If you stop suddenly or lay down, the blood will pool in your legs causing your blood pressure to drop resulting in possible fainting, lightheadedness or cramping. Medical personnel around the finish line will encourage you to keep moving to prevent people from collapsing. Please don’t wait for your running partners in the finish chute as this can place other participants at risk.

6. What to Eat After the Race

Once you have completed the race it is important to begin rehydrating. Sports drinks and water will be available at the finish line. In addition to combating dehydration, sports drinks contain carbohydrates and electrolytes that are important to replenish following the race. Eat something as soon as you can. Research has shown that muscle glycogen is replaced twice as rapidly in the first hour following the race. There will be plenty of foods high in carbohydrates around the finish area. Please take advantage of these foods to begin replenishing your energy stores.

7. What to Do Days After the Race

Rest – You deserve it! Try taking a nap later in the day. Avoid running for the first 7-10 days during your recovery. This can help to prevent injuries and ensure a safer return to running.

If you have an injury that persists for 3-4 days following the race please consult a physician.

8. How to Seek Medical Attention

There are numerous medical volunteers that you will pass on race day. You will pass several American Red Cross teams, several Columbus Fire EMS teams, and multiple medical tents on the course. Seek medical attention if you feel you need it, whether along the course or at the finish line.