

Medical and Emergency Plan

A fun and enjoyable race day for participants, volunteers, and spectators is our goal. There are certain steps that we are taking to ensure safety of all those involved with the event.

Runners, please make sure that your name and emergency contact information are written clearly on your bib with a waterproof pen. There are 15 aid stations on the race course equipped with basic first aid supplies. There is a fully equipped medical tent at the finish line. It will be staffed with a team of medical professionals. If you need assistance at the end of the race please ask for it and volunteer will assist you to the medical tent. If the medical staff directs you to the tent for a check, please cooperate with them for your safety. Only those receiving medical care are allowed in the medical tent.

If weather conditions or other physical conditions present a risk to the participants, the Marathon Officials maintain the right to cancel the race or alter the race. We understand the commitment that the participants have made in preparing for the event and will do everything in our power to have the event. If the Marathon Officials deem the event cancelled to protect the participants, volunteers, or larger community it will not result in any refunding or race entry fee.

For the safety of the runners in extreme weather conditions we will follow the American College of Sports Medicine recommendation of the use of the WBGT (wet-bulb globe temperature) to measure heat, humidity, and heat radiation. The results of the WBGT will be indicated by a simplified flag system throughout the race course, at the aid stations.

Flag Color	Conditions	Runner Actions
YELLOW	Less than ideal	Slow down, prepare for worse conditions
RED	Potentially dangerous	Slow down, consider stopping
BLACK	Dangerous-Event Cancelled	Follow directions of Marathon Officials

If you do not see one of these flags the conditions are considered low risk. If you see the black flag you will also see race officials and marathon volunteers on the course directing you to stop. Please follow their directions.

Each participant assumes individual responsibility when entering one of the marathon events. Please do not plan to participate in an event unless you have trained properly and have decided that your medical state and fitness level the day of the event are appropriate.