



From *A* to *Z*

All About Mayo Clinic's Marathon Medical Team

Mayo Clinic is more than just the recipient of the proceeds from the 26.2 with DONNA marathon and related events. Since the first 26.2 with DONNA in 2007, Mayo Clinic has helped with the logistics, including having staff and personnel organize and provide medical support for the marathon.

So whether you're, running, walking, volunteering, or cheering with the masses at the 26.2 with DONNA, the Mayo Clinic medical team has all of your health and safety issues covered — from A to Z.

A: Aid Stations. Staffed by qualified Mayo medical personnel, there are a total of eight stations along the marathon route, including one at the start line, one in Runner's Village near gear pick-up and one near the finish line (main medical tent). Ambulances are also on standby to provide transport to the nearest hospital.

B: Bandages. Running's not a contact sport? True enough, but if you fall down or need to be patched up, the medical team has bandages and an array of aid supplies to help.

C: Cardiac Emergency. If you're short of breath or having chest pain, get help from a red-shirted volunteer, nearby police or EMS, or call 9-1-1 from a cell phone. Advanced Cardiac Life Support medicines are in the main medical tent.

D: Dehydration. With water and sports drinks, the water stations and aid stations have your needs covered so you won't become dehydrated.

E: Emergency physicians staff the finish-line chute and main medical tent. Throughout the race, Mayo's emergency room is also open to the public.



F: Foot care is important, and dry socks help. If you develop blisters or have other foot problems before, during or after the race, stop by an aid station for help.

G: Get Your Gel. Don't run out of energy during the run; give your body a boost by stopping for a shot of energy gel at volunteer stands located throughout the course.

H: Hyperthermia and Heat Decks. The 26.2 with Donna is one of the few marathons that offers "heat decks"—liquid cooling baths that can reduce a lethal body temperature very quickly.

I: Iced hand towelettes are ideal to keep from over-heating during the race. Pick one up at any aid station and wrap your neck to keep cool.

J: Jacksonville Fire & Rescue Department (and St. John's County Rescue) work in coordination with medical personnel to provide rapid response for medical emergencies along the race route. Watch for them on bicycles and traveling in medical emergency response vehicles.

K: Knee pain is a common injury among runners and walkers. Whether you have runner's knee or other joint issues, medical personnel at our aid stations can wrap, ice, heat or medicate as needed.



L: Leg cramps sometimes happen. The medical tent and aid stations can help with those too.

M: Massages help soothe post-race muscles. Take advantage of a professional rub-down in the massage tent, located in Runner's Village on the Mayo Clinic campus.

N: Numbers. More than 75 red-shirted Mayo Clinic medical personnel staff the marathon, but we encourage you to be prepared. Carry a list of phone numbers and emergency contact information with you.

O: Orthopedic Expertise. If your joints "kneed" a lift after the race, be sure to find one of Mayo Clinic's orthopedic specialists in the main medical tent.

P: Physical Therapists. Cramps, strains or injuries are not something any runner or walker wishes for. But if you need help, a team of Mayo Clinic physical therapists

are also stationed in the main medical tent.

Q: Quench your thirst throughout the race, but don't over-hydrate! Consuming too much water can cause discomfort, poor performance or even a serious medical problem. Keep it balanced.

R: Respiratory therapists are on hand if you experience trouble breathing. Find them in the main medical tent.

S: Sunscreen & Space Blankets. If you need protection from the sun, grab sunscreen at any aid station. Space blankets, thin foil sheets first developed by NASA in 1964 to help retain the body's heat, are available at the finish line.

T: The Science of Running. For the past six years, hundreds of runners and volunteers have contributed to a Mayo Clinic research study aimed at better understanding the effects of running on the human body. Learn more about our



findings at the Mayo Clinic "Runner's Science" booth at the pre-race expo.

U: Use your judgment. You've trained, you're prepared and you're ready to reach the finish. But if you're feeling 'off' or need help, don't overlook your best judgment. Reach out to us. We're here to help.

V: Vaseline is a great salve for those sensitive areas. Plenty will be available at the aid stations, and we'll also be dispensing it along the race route.

W: Water is available at hydration stations located throughout the race course. Drink up!

X: Xeroform, gauze with antiseptic ingredients, is included in the supply kits at every medical aid station.

Y: Years of medical experience are on your side. Every aid station is staffed by someone who has been trained and educated for endurance injuries and illnesses and is certified in basic life support.

Z: Zero in on the finish ... and have a great race!

