



Tips from the Atlanta Marathon and Half Marathon Medical Team

- **Stay hydrated before the race.** Drink sufficient water and electrolyte replacement drinks in the days leading up to the half marathon and marathon.
- **Stay hydrated during the race.** Water and POWERade aid stations are located approximately every 2.5 miles along both courses. Make sure you take advantage of these.
- **Avoid non-steroidal anti-inflammatories before and during the race.** Over-the-counter and prescription anti-inflammatories such as Advil and Aleve can sometimes cause low sodium levels in the body during endurance events. You should avoid these until after the race and make sure you remain adequately hydrated when you take these.
- **Don't change your normal routine on race day.** Don't increase your caffeine intake or use any vitamins or supplements that your body is unaccustomed to on race day. Your pre-race meal should be similar to what you consumed on your long training run
- **Run the race according to your current fitness level and the weather conditions.** If the weather is exceptionally warm or cool adjust your pace accordingly.
- **If you feel you need medical attention during the race,** contact a volunteer on the course and they will help arrange for medical care or emergency transport as necessary.
- **If you have medical concerns when you return back home after the race,** seek medical care from your family physician or the emergency room as soon as possible.
- **Listen to your body.** A marathon and half marathon are challenging endurance events. If you feel ill prior to the race consider not running. If you are experiencing medical problems during the race, don't run through it but rather seek medical help from a course volunteer.