

Dear Runner,

Congratulations from all the medical staff for participating in the Peak Performance Maine Marathon or Half Marathon! We wanted to discuss the medical support you will find along the course and share some tips for staying healthy during the run and afterwards. We are hoping the day will be a safe and enjoyable one for all!

WEATHER

October in Maine is unpredictable. The average temperature is in the fifty-degree range, but it has been into the eighties and down to the twenties. Come prepared for heat or cold, and keep an eye on the weather forecast as the date approaches. Remember that a lightweight synthetic-fabric hat is the easiest way to moderate your temperature, and that layers make it easy to shed or add during the race.

HYDRATION

There will be numerous water stations on the course serving Gatorade and water. While it is important to stay hydrated, the dangers of *over*-hydrating are very real, since it can cause dangerous lowering of your blood salts (hyponatremia) if you drink excessively during the race. Frequent small amounts of fluid are the key, and Gatorade or another sport drink may sometimes be better than water. If you are feeling dizzy, confused, lightheaded, or have severe cramping, go to one of the medical stations along the course or at the finish line for assistance.

NUTRITION

A normal-weight individual can burn over three thousand calories during a marathon. Be sure to eat a good breakfast the day of the race. Try to consume some calories in the race as well, particularly if you are participating in the marathon. **There will be no food or gel handed out during the race**, so be sure to bring your own. There will be post-race food available near the finish line.

MEDICAL STATIONS

The primary medical tent will be at the start/finish line and will be staffed by physicians, nurses, and athletic trainers. There will be also be remote stations at miles 5, 12, 15, 21, and 24. EMTs from the city of Portland will be on the course on bicycles. All stations will have supplies for blisters/abrasions, Vaseline for chafing, and basic pain relievers. Medical volunteers will be easily identified in volunteer shirts.

Welcome to Portland, and have a fantastic race!

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