

Hello! My name is Bryant Walrod, M.D. and I am honored to be serving as the medical director for the inaugural Wisconsin Marathon and Half Marathon. As an experienced marathoner myself, I will be writing to all of you over the next couple weeks about training habits and medical considerations in these final couple weeks as you prepare for the race. I truly hope that all of you have an incredible experience.

First, "Race as you train." This simply means that race day is not the time to start something new. If you typically stop for water every 5 miles during your training run, then you should do the same during the race. Don't stop at every station just because there is water there. This can lead to overhydration and potentially exercise associated hyponatremia, a topic about which I will speak next week. If you typically train with just water, then stick with water, not a sports drink during the race. You may get an upset stomach if you are not used to those fluids.

"Listen to your body." Our bodies are pretty amazing and we should listen to them. If you begin to experience feelings of lightheadedness or dizziness, then you should stop. If you experience confusion or mental status changes, then you should stop. Pretty simple stuff, really.

Every runner is unique, with specific medical considerations. I recommend strongly that you see your primary care physician for an evaluation prior to participating in this race.

The weather in Wisconsin in early May can be variable. We will be monitoring this very closely and will make specific recommendations with respect to weather related medical issues. We will be following the generally established and accepted marathon guidelines of following wet bulb temperature readings with respect to running the race. If the wet bulb reading exceeds 82° we will cancel the race to protect everyone's safety.

We will have an excellent medical team assembled for the race and we will be there to help you in any manner possible. We will have a medical tent at the finish and medical aid stations scattered throughout the course. Please seek us out for any assistance.

Again, I am very excited to assist with this marathon. Please email me with any specific questions that you may have at bwalrod@comportho.com.

Good luck,
Bryant