

To Our Local Business and Hotel Partners

Re: Little Rock Marathon Public Health Message



The sold-out 2024 Little Rock Marathon will take place on Sunday, March 3, with participants from across the country and around the world arriving in Little Rock to take part in our 22nd annual event.

On behalf of the Little Rock Marathon staff, participants and supporters, thank you for your tremendous support. As we approach race day, we wanted to provide your employees with a reminder of the most common medical encounters that may be associated with running a marathon and how your staff may be beneficial if a circumstance were to occur on or near your property or business.

In all situations, please stay with the participant and call 9-1-1 as is likely your protocol. Provide the 9-1-1 dispatcher with the runner's event-issued bib number (if visible), your exact location within the business center or hotel, and have someone meet the EMS paramedics at the door of your establishment. Additionally, try to provide the dispatcher with any information on the runner's chief complaint and if he or she appears to be confused or not.

Endurance running can be associated with potential medical conditions that are not commonly seen. This message does not replace your own policies or protocols, but is simply a reminder of the issues that may be encountered on race day.

1. **Exercise associated collapse:** This can be seen in up to 50% of runners once they stop running. This typically occurs because they have been running for an extended period of time. They may feel lightheaded, nauseous and dizzy, but they still typically maintain their mental status (not confused). Those affected typically respond favorably to elevating their legs and gradual hydration.
2. **Heat illness:** Depending on the race day weather conditions, some runners may experience heat illness as their body temperature increases while running, depending on their level of exertion. If they experience confusion, their condition is more serious and is a medical emergency. Those affected should be immediately cooled with ice bags and/or placed in a cool room. These runners need immediate assistance by EMS. Please call 9-1-1 and direct EMS to the runner. Be aware even in cool conditions heat related illness may still occur.
3. **Hyponatremia (i.e. low sodium or salt):** Some runners may experience this condition if they sweat a high concentration of salt and replace their fluids only with water. They may be nauseas and/or vomiting, or have a headache. If they are confused or altered, contact your local EMS by calling 9-1-1.
4. **Hypoglycemia (i.e. low blood sugar):** Those affected may experience shakiness, clamminess, nausea, headache, and/or confusion. Orange juice may be given to help raise the blood sugar level. If this does not resolve their symptoms, contact EMS at 9-1-1.

The Little Rock Marathon works collectively with our medical provider UAMS, the Little Rock Fire Department and Metropolitan Emergency Medical Services (MEMS) as our EMS partners. Additionally, we are staging EMS resources in and around the race course and finish line area (LaHarpe Boulevard, behind the Statehouse Convention Center) for these potential purposes therefore please make your staff aware of our program. We truly appreciate your collaboration and support in highlighting our city.

Thank you again for your support and cooperation.

Sincerely,

Geneva Lamm
Executive Director
Little Rock Marathon

Mike Garrity
Race Director
Little Rock Marathon