

## Marathon Safety (and Safely)!

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One of my favorite events is the Metro Health Grand Rapids Marathon. Grand Rapids has some great running routes—the marathon puts a few of them together! Here are a few thoughts as we gear up:

1. Check out the race website for updates and protocols. Bottom line this is an outdoor event—in times of COVID outdoors is the place to be. While not impossible to contract COVID outside, it is 19x less likely compared to indoors. Face coverings at the start line are a smart way to be together and respect our neighbor's space. The marathon buff/scarf is a great way to do this!
2. The starts will be in waves and the events themselves will be split up a bit. Follow the directions outlined in these emails and on the website.
3. We will have our usual medical station set up—physicians, PT's, AT's and nurses to help out if needed. We will utilize the same protocols we use when you come to see us in our offices to keep you safe. If you have a buff pull it up when you stop at an aid or medical if you think about it. We will mask when in close proximity, and will ask you to apply your own lube if needed!
4. Come and see us. Who is us and where can you find us (and why see us)? Us is: Sports Medicine | University of Michigan Health-West and where is on the course and in the office (and a few other spots as well). On race day find us at the aid stations and at the finish line. Our hope is that you don't need to use us, but we will be there in case. In the office you can find us in Caledonia, Cedar Springs, Comstock Park and on the Beltline near Lake Drive. The "other spots" include rinks (with the Griffins, GRAHA and Fox Motors), courts (with the Gold, GVSU and Aquinas to name a few), sidelines (GVSU football and women's soccer and numerous area high schools), and community events (like the Metro Health Grand Rapids Marathon and many, many other events). And why? There is no other group in town who has more experience with athletes on an ongoing basis (Olympians, pro's, college, HS and YOU)—please come and see us if you are injured or need some training advice—we are here to help. Call 252-7778 or go to [www.uofmhealthwest.org](http://www.uofmhealthwest.org) and search "sports medicine."

It looks like it may just be cooling down a bit by race weekend. Hydrate and listen to your body—this may be a BQ type day! Enjoy the sights and sounds of Grand Rapids and of course...

Be active!