



MARATHON: SIGNS OF DISTRESS & Other Complaints

For ANY Medical Emergency on the Course:

- 1. Radio NET Control and Request Medical Assistance**
- 2. If you can't reach NET Control via radio call Medical Command @ 404-612-5650**
- 3. CALL 911 if you can't reach Medical Command by any other means**

When to Request help from MEDICAL STAFF

Signs of Illness

- ANY LOSS OF CONSCIOUSNESS
 - Includes fainting
- SEIZURE
- DIFFICULTY IN BREATHING, shortness of breath (especially if unrelieved by resting)
- Complaint of CHEST PAIN
- Confusion or erratic behavior
- Collapses or may fall repeatedly while running (unable to stay standing)
- Unable to answer questions properly or at all
- Acting “sleepy” (lethargy) or having difficulty keeping focused on what you are saying
- Excess sweating or NO sweating
- Muscle stiffness or achiness – especially if it is severe
- Nausea &/or vomiting
- Complaint of abdominal pain

Signs of Injury

- MAJOR BLEEDING
- Anyone who suffers MAJOR TRAUMA (like getting hit by auto, severe fall, etc.)
- HEAD injury
- Bone sticking out = fracture
- Arm or leg that is “angulated” or otherwise deformed
- Loss of feeling or movement below injury site

When to Call the Sag Wagon & other common complaints

- Swelling, redness, pain on arm or leg (example – twisted ankle): Sag Wagon if runner is able!
- Tired or fatigued but none of the above signs of illness or injury: Sag Wagon
- Does not want to run anymore!: Sag Wagon
- Bloody or sore nipples or other chafing/chapping/etc.: asking for Vaseline &/or BandAids
- Scrapes, small cuts, small blisters: asking for a BandAid
- Looking for a bathroom