

Welcome to the 2014 Bemidji Blue Ox Marathon Event!



- www.bemidjiblueoxmarathon.com -

The Race Directors, planning committee, and volunteers hope that you have a great weekend and enjoy the festivities!

Race Rules, Regulations, & Other Information:

- The Bemidji Blue Ox Races follow and apply the USATF rules in all events it conducts to ensure safe and fair races for all participants.
- Your number must be pinned to the front of your shirt/shorts or pants.
- Before you begin your race, position yourself in the runners group according to your expected pace with fastest runners in the front, the citizen runners next, and walkers in the back.
- All participants **MUST RUN ON THE SIDE OF HIGHWAYS & ROADWAYS**. This is for your safety and the safety of the auto traffic.
- Restrooms are available inside the Sanford Center and portable toilets will be near the start and also at specific points along the course.
- The Race Committee is not responsible for any lost or misplaced personal items. Should you need to drop any items of clothing please leave them at a fluid station. All discarded items will be returned to the Sanford Center (Lakeview Room #6) at the end of the event. Any items not picked up will be donated.
- The awards ceremony will be as follows in Lakeview Room #7:
 - 5K: Friday @6:00p
 - Half Marathon: Saturday @ 11:00a
 - 26K: Saturday @ 12:00n
 - Full Marathon: Saturday @ 1:00p

Good Luck, Be Safe, Have Fun, and Enjoy your time in Bemidji!!!

Runners' Responsibilities

We encourage you to share your medical information in case of emergency with the medical team. Having the information can be a big difference for our medical team and YOU. All runners are asked to list an emergency contact phone number and any medical problems, allergies, medications and their usual weight on the back of their race number in permanent ink. Runners with heart disease, diabetes, or chronic medical problems are advised to consult with their physician before they compete, wear a medic alert tag, and run with a friend who knows their medical condition. All runners are encouraged to provide family and friends with their race number in case of a medical emergency.

Medical Staff

The medical staff includes approximately 40 volunteers, from physicians and paramedics to medical students, emergency medical technicians and certified athletic trainers.

Medical Personnel on the Course

The marathon has one of the best medical teams in the industry and is led by Medical Director, Dr. Mark Carlson. On average, one to three percent of every 1,000 entrants will seek medical assistance along the course or at the finish line. With that in mind, 40 medical personnel are positioned along the course and at the finish line. All medical personnel can be identified by their orange vests and all are trained to assist in medical care. There are also medical volunteers stationed on bikes along the course.

Seriously injured or ill runners will be transported to the nearest hospital from any of the Medical Aid Stations on the course, and well runners who drop out of the race will be taken to the finish area. Medical volunteers will have first aid supplies at every medical location.

At the Finish - Medical Area (Lakeview Room #4) - presented by Sanford Health

The finish line medical area is staffed and supplied to treat common marathon-related injuries and illnesses, and to begin stabilization procedures for severe problems. Any runner who requests assistance will be evaluated in the medical tent and treated based on our protocols for runner medical care. The medical team may authorize transportation to a nearby hospital in case of serious injury or illness.

No media, family or friends of ill or injured runners are allowed in the medical tent or area because of privacy, confidentiality, biohazard, and crowding issues.

Impaired Runner Policy

Medical personnel are authorized to remove from the race course any runner deemed medically impaired without an automatic disqualification. To be allowed to continue the race, a runner must:

- a) be able to proceed in a straight path toward the finish line;
- b) be able to explain who they are, where they are on the course, and what they are doing;
- c) look clinically fit to proceed with good skin color and body appearance
- d) be able to maintain a reasonable running posture.