



UNIVERSITY OF MICHIGAN HEALTH-WEST  
MICHIGAN MEDICINE

## Marathon Safety (and Safely)!

Ed Kornoelje DO

Sports Medicine | University of Michigan Health-West

One of my favorite events is the Grand Rapids Marathon presented by University of Michigan Health-West. 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!
2. If you are walking all or a good chunk of the marathon or half marathon course, great--this is the race for you! To make sure you have the best experience possible use the 7 AM start. There is always a fun group that starts out at 7 AM—it's early but well worth it!
3. We will have our usual medical station set up—physicians, PT's, AT's and nurses to help out if needed. Look for our tents and banners along the course.
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. 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 Allendale, 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 GVSU and Aquinas to name a few), sidelines (GVSU football and women's soccer and numerous area high schools), and community events (like the 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, high-schoolers and YOU)—please come and see us if you are injured or need some training advice—we are here to help. Call 616-252-7778 or go to [www.uofmhealthwest.org](http://www.uofmhealthwest.org) and search "sports medicine."

It looks like it may be cooling down a bit (and wet?) 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!