

Goat Rattler 100/50 mile Medical Plan

1. Pre-Race Preparation

- **Training and Conditioning:** GR100 race director will emphasize the importance of adequate training and conditioning. Participants should be familiar with trail running, high-altitude conditions, and long-distance endurance.
- **Equipment and Supplies:** Recommendations for gear to use prior, during and after the race will be posted on the GR100 website. As weather conditions in the Utah mountains in September can be unpredictable, we'll make every effort to ensure participants have the gear.
- **Maps:** a detailed map and course profile will be provided on the website. In addition, there will be detailed distances and elevation gain/loss between aid stations so that participants can plan for hydration/nutrition needs or changes in gear.
- **Map can be found using this link:**
<https://www.strava.com/routes/3268062807047665366> and here for a CalTopo map: <https://caltopo.com/m/R4QL490>

2. On-Race Medical Support

- **Medical Stations:**
 - **Aid Stations:** GR100 staff will setup aid stations from 5-11 miles apart.
 - **Personnel:** Each station will be staffed with an aid station captain and appropriate personnel to help participants refill and refuel. Personnel will have access to a medical kit that includes common ailments like blisters, skin chafing, sunburns, dehydration. Key aid stations will have a trained medical person to treat or give any recommendations.
 - **Race Medical Director:** Joni Jones, NP will serve as Medical Director and consultant to give recommendations and be on-call as needed. Joni is an experienced ultramarathoner herself with multiple 100 and 200 mile finishes. She is well versed on common runner injuries and ailments.

- **Communication:** Each aid station captain will communicate with RD any issues that arise with a participant. Cell phone coverage is excellent along the course at all aid stations. Battery packs will be supplied for appropriate device charging.
- **Equipment:** Provide medical stations with basic first-aid kit, water, electrolyte drink, calories (food, gel packets).
- **Mobile Medical Teams:**
 - **Positioning:** Deploy mobile medical teams as needed that can quickly access remote sections of the course. The most remote sections are between Windsurfer Beach to North Ogden Divide and the Divide to Willard Campground and North Fork Park.
 - **Capabilities:** Teams should be able to perform on-site medical evaluations and treatment, and transport individuals to the nearest aid station or evacuation point if necessary.
 - **Bib Numbers:** Each participant will have the RD's phone number on the back of their bib number to be used in the case of emergency
 - **Sweepers:** Different assigned individuals will "sweep" the course to ensure every individual will reach the next aid station. They will ensure the participants are accounted for. They will also enforce time cutoffs. Sweepers will be trained with basic first aid.
- **Communication:**
 - **Radios/Phones:** Ensure that all medical personnel have reliable communication tools. Phones and battery packs will be used and available during race.
 - **Tracking:** Use GPS tracking for runners and medical personnel to monitor locations and respond quickly to emergencies.

3. Common Medical Issues and Management

- **Dehydration and Hyponatremia:**
 - **Signs:** Dry mouth, dark urine, dizziness, confusion.
 - **Management:** Rehydrate with electrolytes and fluids. Monitor sodium levels and adjust as necessary.
- **Heat Exhaustion/Stroke:**
 - **Signs:** Excessive sweating, nausea, confusion, rapid pulse.
 - **Management:** Move to a cooler area, hydrate with electrolytes, and cool the body with ice packs or cool water.
- **Altitude Sickness:**
 - **Signs:** Headache, nausea, shortness of breath, fatigue.

- **Management:** Descend to a lower altitude if symptoms are severe. Administer supplemental oxygen if available and monitor closely.
- **Injuries:**
 - **Types:** Sprains, fractures, blisters, cuts.
 - **Management:** Stabilize fractures and sprains with splints or bandages. Treat blisters with proper blister care techniques. Clean and dress cuts to prevent infection.
- **Hypothermia:**
 - **Signs:** Shivering, confusion, slurred speech.
 - **Management:** Warm the individual gradually with dry clothes and warm fluids. Avoid rapid rewarming.

4. Serious Injury/Search and Rescue:

- **In coordination with Lt. Mark Horton, all aid station captains will be trained on SAR expectations. These expectations include which injuries would necessitate a call for SAR or to continue to help the runner to the next aid station.**
- **Garmin Spot GPS tracking**
 - Each runner will have a Garmin Spot GPS tracker that will pin point their location.
 - GPS devices are monitored during race by the company providing the live tracking (Trackleaders). If emergency evacuation is needed, 911 will be called and search and rescue dispatched to the location. SAR will be able to pinpoint a runner's exact location
- **Communication:**
 - A list of cell phone numbers of racers will be kept with Trackleaders and race director for communication with runners throughout race.

4. Post-Race Medical Care

- **Medical Debrief:** Conduct a debriefing session with all medical personnel to review the race, discuss any incidents, and evaluate the effectiveness of the medical plan.
- **Follow-Up Care:** If participants have had medical issues during race, provide information for follow care.
- **Feedback Collection:** Gather feedback from participants regarding medical support and any areas for improvement.

This comprehensive plan aims to ensure that all participants are supported and safeguarded throughout the GR100-mile race. Our goal is to get everyone safely from the start to the finish and enjoy the amazing country that Ogden has to offer.

Jeremy Tolman, Race Director
Goat Rattler 100 miler