

Vermont 50 Medical Protocol

With individual's safety in mind, procedures are in place that will allow us to safely operate The Vermont 50. These policies and procedures are based on almost thirty years of hosting this race in our community and working closely with Police, Fire, and EMS personnel in these communities.

The Vermont 50 is a 50 mile or 50 Km run race held the last Sunday in September on paved, gravel roads, and wooded trails. 650 runners enjoy the racecourse which begins and ends in West Windsor, Vermont at the Ascutney Outdoors. Packet Pick up is conducted in an open-air tent on the Saturday before race morning. The finish line area is on an open field.

The Vermont 50 Medical Team urge all runners to consult their personal physicians prior to training and running the marathon. Traditionally, distance running is a safe and healthy form of exercise, but there are inherent risks associated with running extreme distances, especially if you have certain pre-existing medical conditions. Only a physician familiar with your personal medical history, current health status, medications, and your pre-existing risk factors can advise you as to whether you are fit to run The Vermont 50. Taking these simple steps and heeding the advice of your personal physician will give you the ability to make the right decisions and enjoy a healthy race.

Medical Services - The Start/Finish Ascutney Outdoors, West Windsor, Vermont.

The Start Area will have a tent that can offer assistance with most last-minute medical needs. Band-Aids, Vaseline, a pre-race stretch, or just a word of encouragement can be offered by our volunteers.

In addition, medical teams are located at the start/finish line, which is located Ascutney Outdoors, West Windsor, Vermont. If you are injured or feeling ill, please seek out a member of the medical team for aid.

- Participants were asked during registration for emergency contact information and follow ups were conducted to ensure accuracy.
- Participants will be asked to confirm this information at bib pick up.

Medical Services - On-course

- Green Mountain Bike Patrol will be on course on bikes and also in a transport van offering basic first aid to those in need. For minor injuries the van will transport participants to the medical tent at the finish line.
- Aid stations are equipped with First Aid boxes.

- Course medical coverage is supported with ambulances provided by Hartford Fire and Rescue, Windsor Fire and Rescue, West Windsor FAST Squad and area private ambulance services.
- Area hospitals will be notified of our race.

Medical Services - Finish Line/Finish Area Ascutney Outdoors, West Windsor, Vermont.

Medical teams are located at the finish line, which is located Ascutney Outdoors, West Windsor, Vermont. If you are injured or feeling ill, please seek out a member of the medical team for aid.

- West Windsor FAST Squad will supply:
Gatorade, ice, general first aid supplies, cots, blankets, chairs, and small wading pools/cooling pools.
- The race medical director is stationed at the medical tent.
- Volunteers will hand out bottled water

After You Cross the Finish Line

During any prolonged physical activity, the body's blood supply is usually redirected to the extremities and away from internal organs. Runners should continue to walk after finishing the race. Standing still or stopping can cause nausea, dizziness, and weakness – normally resulting with a runner passing out. Walking will help redirect your blood to vital organs, so it is advisable to keep moving. In any event, if you think you need help, ask one of our medical personnel for assistance.

Medical Expenses

Participants are solely responsible for any medical expenses incurred from preparing and participating in the Vermont 50. These expenses, including ambulance transfers to area hospitals during or after the marathon, hospital admissions, lab work, and any follow up care needed to address your injury or illness.