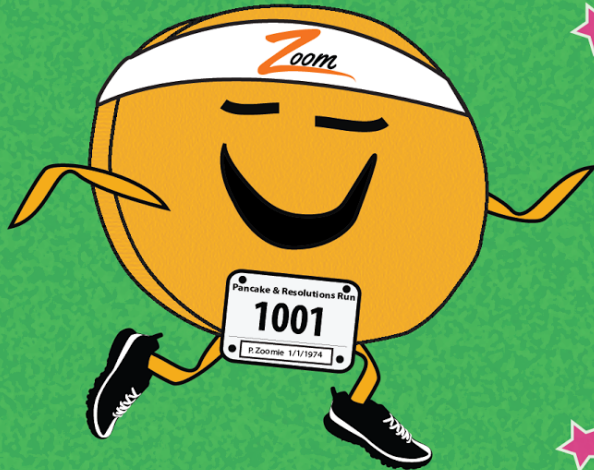


PANCAKES & RESOLUTIONS 5K, 10K & 1-MILE RUN & WALK



Free Pancake Breakfast w/
Hot Chocolate & Coffee Bar!

Plus Beer, Mimosas & Bloody Marys

Race Swag Includes Race Tee
Travel Coffee Cup & Finisher Medal

Try the Beast 3 Race Challenge

Pancake & Beast Finisher Medals

Portion of Proceeds Benefit Non-Profit

NEW YEARS DAY ★ JAN 1, 2017 ★ T.J. CHUMPS IN MIAMISBURG
1-MILE 9:00AM ★ 5K 9:20AM ★ 10K 10:00AM

ZOOMRACINGUSA.COM

Highlights & Swag

1. Fun Themed Races for Everyone in the Family including the Beast 3 Race Challenge!
2. Post Race Breakfast at TJ Chumps in Miamisburg, includes Pancakes, Orange Juice, Water, Hot Chocolate, Coffee, Beer, Mimosas and Bloody Marys w/ Belle of Dayton Vodka!
3. Plus Photo Booth & Professional In-Race Photos!
4. Pancake Finisher Medals & Stainless Steel Travel Coffee Mugs to first 450 Registered in any Race!
5. Beast Finisher Medal to first 150 Registered for Beast 3-Race Challenge!
6. Stylish Race Shirt in Men's, Women's & Children's Cut & Sizes with Option for Long Sleeve!
7. Pricing for all Budgets & Portion of Race Proceeds Support Local Charities!

Timed Races Include: 1-Mile, 5k (3.1 miles), 10k (6.2 miles) & The Beast (all 3 races for 10.3 miles)

Race Course Directions:

- Registration and Post-Race Party will be at TJ Chumps 12 East Linden Ave., Miamisburg, Ohio 45342
- The race start and finish line will be at Miamisburg Community Park at 550 First St. in Miamisburg, Ohio, which is a short walk from TJ Chumps.
- To get to the park from TJ Chumps
 - Head east on E Linden Ave toward S 1st St.
 - Turn right onto S 1st St
 - The park will be about a ¼ mile down on your left.
- Runners will complete an out and back course loop that starts and finishes in Miamisburg Community Park, uses the Miamisburg Park Path and winds through the Mound business park for a rolling course on paved roads and surfaces.

Race Course Maps:

1-Mile Course: <http://www.mapmyrun.com/routes/view/951355487>

5K Course: <http://www.mapmyrun.com/routes/view/951353745>

10K Course: <http://www.mapmyrun.com/routes/view/950875799>

Dec 31st Early Packet Pickup

3-5 p.m. early packet pickup at TJ Chumps. You had the option to use your drink ticket during this time too.

Jan. 1st Race Day

7:45-9:45 a.m.: Registration

9:00 a.m.: 1-mile Start

9:20 a.m.: 5K Start

10:00 a.m.: 10K Start

11:30 a.m.: Timing Ends

Results

Results will be posted on Run4Pancakes.com which is also where you registered for the event.

Race Shirts

1. Men's Cut, Women's Cut & Kids Sizing
2. Shirts will be short-sleeve performance tees with an option to upgrade to a long-sleeve tee.
3. To be guaranteed a race tee, you must register at least 2 weeks in advance of the race.

Awesome Finisher Medals and Swag, because Everyone One Wins!

There are Commemorative Finisher Medals for First 450 in Any Race! Plus Beast Finisher Medals for First 150 in that race. Plus the first 450 to register get a Commemorative Stainless Steel Travel Coffee Mug too.

The Beast 3-Race Challenge

The Beast 3-Race Challenge is only for the strongest, bravest, and most daring athletes among us! To complete the beast you must finish all 3 races (1-mile, 5K & 10K) in one day, inside the designated times. Complete the Beast and Get a Beast Finisher Medal (First 100 Registered for this Challenge)!

1. Time Cut Offs for the Beast: You must finish each race inside these max times: 1-mile = 20 minutes; 5k = 40 minutes; 10k = 90 minutes

Post Race Party: After the race, all finishers will be provided a post-race breakfast at TJ Chumps in Miamisburg, that includes pancakes, orange juice, Water, hot chocolate, coffee and choice of a beer, mimosa or Bloody Mary!

Parking and Restrooms

There will be parking available at Miamisburg Community Park, Miamisburg Riverfront Park, and on the streets of Miamisburg. There will be restrooms available at TJ Chumps, Miamisburg Community Park, and Miamisburg Riverfront Park.

Professional Photography & FREE Photo Booth: We will have a professional photographer out on course to take your pictures while you race. Then after your race you can pose with your friends, family and team at our FREE photo booth. We will post all pictures on Facebook after the race for you to like, tag and share!

Event Pricing: (1) September 1-30; (2) October 1-November 30; (3) December 1-December 30 & (4) December 31-January 1. Everyone enjoys post-race party with photos, food, drinks, and a super fun race!

- A. Anyone pushed, carried or towed (not running): Does NOT include timing, event shirt, coffee mug or finisher medal = \$0
- B. Does NOT include timing, event shirt, coffee mug or finisher medal = \$17 before December 30th & \$20 Race Day
- 1. All ages, 1-Mile Race: Includes Swag and Timing = \$35-38-40 & Race Day 43*
- 2. All ages, 5K Race: Includes Swag and Timing = \$40-43-45 & Race Day 48*
- 3. All ages, 10K Race: Includes Swag and Timing = \$45-48-50 & Race Day 53*
- 4. All ages, Any 2 Races: Includes Swag and Timing = \$50-55-60 & Race Day 65*
- 5. The Beast 3-Race Challenge (10.3 miles: Run the 1-mile, 5k & 10k): Includes Swag, Timing, Pancake & Beast Finisher Medals = \$60-65-70 & Race Day 75*

*** If you skip the event tee you can save \$5; upgrade to long-sleeve tee for \$5 more.**

NOTE: Registration is not refundable under any circumstances.

Directions to TJ Chumps at 12 East Linden Ave. in Miamisburg, Ohio 45342

From East: Take Rt. 725 West from I-75 (Dayton Mall Area). Follow to Historic Downtown Miamisburg (about 3 miles). Once you cross First St., proceed around market square turning left onto Main St. (one-way street). Go about one block and TJ Chumps is on the left corner of Main St. and Linden Ave.

From West: If you are on Rt. 725 heading East, turn right onto Main St. and proceed to Linden Ave., turn left. TJ Chumps on the right, corner of Linden Ave. and Main St.

From North: Go South on old Dixie Dr. from West Carrollton. Stay on Dixie as it becomes Main St., TJ Chumps is on the left corner of Main St. and Linden Ave. in Downtown Miamisburg.

From South: Go North on Dayton-Cincinnati Pk. from Franklin. Follow to Downtown Miamisburg. Turn left on Linden Ave., TJ Chumps on the left corner of Linden Ave. and Main St.

QUESTIONS: Please contact Zoom Multisport Racing for additional accommodations or questions at mick@zoomracingusa.com or 937-572-5018

Emergency Contingency Policy & Plans: Races and events will be held unless race management, in consultation with local safety officials, determines that race conditions are too dangerous. Every effort will be made to conduct the race and to ensure the safety of all participants. Events may be held in the rain or snow or if there is snow on the course, so please prepare in advance. If the race is cancelled there will be no refunds. This position is consistent with USAT & USATF recommendations and with the protocol of sharing the risks associated with the sports of running, biking, swimming, triathlon, duathlon, aquabike and aquathlon. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. The following procedure will be followed:

- The race director in consultation with local safety officials will make the final decision to delay, adjust or cancel the race.
- The decision will be posted on the website, in social media and communicated at the race venue via the PA announcing system.
- In the case of an emergency please dial 911. Volunteers will be instructed to contact 911 in the case of an emergency.

IN THE CASE OF A HUMAN CAUSES THREAT: CALL 911, Then Run, Hide, or Fight

Purpose: In the case of an incident at one our events, we have prepared a simple response plan, based on recommendations created by the Department of Homeland Security and local Law Enforcement. These events often happen without warning, and can be unpredictable. We have created this plan in the event of such an incident.

You can learn more at: <https://www.dhs.gov/what-to-do-bomb-threat#> & <https://www.dhs.gov/private-citizen>

The Basics

1. First, if you experience any type of an emergency at one of our events please first call 911. You can also alert a race official, staff member or volunteer. They will have a direct line of communication with emergency officials. We will alert the appropriate authorities and enact the appropriate response plan (detailed below).
2. Second assess the situation, and, if able, get to safety. If you feel a threat, please first get to safety. This may include, running, hiding, ducking, laying down, going off course to shelter, or getting away from the threat. If you are in the midst of a race event, please stop racing and get to safety. Your time is not more important than your safety.

3. Third, report into family, friends and race officials. Once you have found a safe place, and if able, please alert family, friends, and race officials. You can email, call, text us at 937-572-5018 or mick@zoomracingusa.com. We request you touch base with our staff so we know you are okay and safe.
4. Someone will contact you about collecting your belongings. If you have to leave in the case of an emergency, we will find a way to get you all of your belongings. We will secure them until you or someone you know is able to retrieve them. We will work with local law enforcement and authorities to secure your things.

Run, Hide, Fight: The Department of Homeland Security has developed the run, hide, fight protocol. In the case of an emergency, there might not be time to enact an emergency plan. Chaos may ensue, and things move very quickly. With that in mind, Department of Homeland Security recommends you take any the following actions. Run. Hide. Fight. There is no right way to respond, and each situation is different. So, they recommend doing any or all of the following:

- Run: Get away from the threat as soon as you can.
- Hide: Get out of the line of sight or the vicinity of the threat. This may mean ducking, finding shelter, barricading yourself in, or using natural obstacles to hide from the threat.
- Fight: Should the threat be imminent or should you feel called to engage the threat, you can fight. This can take many forms, but it has the goal of stopping the threat and saving additional lives.

Pocket card found at: https://www.dhs.gov/sites/default/files/publications/active_shooter_pocket_card_508.pdf







Our Emergency Protocol: In the case of an emergency, threat and/or an uncertain situation that could potentially endanger lives, we will call 911 and alert the appropriate authorities. In conjunction with local authorities, we will assess the threat and take appropriate action.

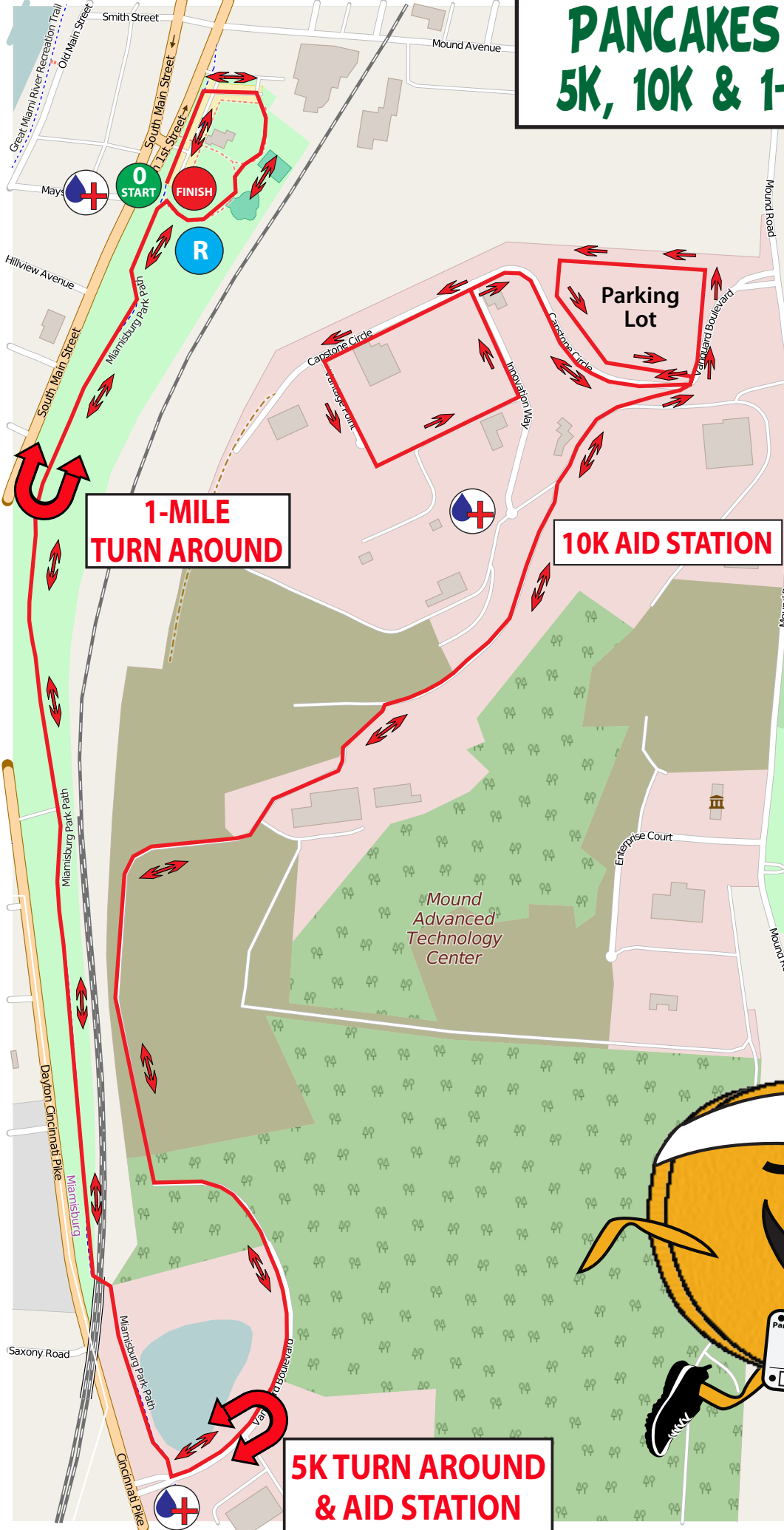
1. In the face of a threat, we may need to stop the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is stopped. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. If the race is stopped or cancelled we will give you further directions on how to return to the start finish line or parking area to retrieve your things. We will additionally stop all timing, and results will reflect this. We will make a note in the results to reflect this situation. We will only post times for people who completed the entire race before the race was stopped. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
2. In the face of a threat, we may need to delay the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is delayed. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. Should the race be delayed, we may allow you to continue racing once the threat has been eliminated. This is optional. If the race is delayed, we will not be able to adjust your finishing time. Should you want your finishing time, we will make a note in the results to reflect the delay. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
3. We may need to cancel the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is cancelled. This is for your safety. Should the race be cancelled due to a serious threat we will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause. Race cancellation is a last resort, and will only be used for your safety.

PANCAKES & RESOLUTIONS 5K, 10K & 1-MILE RUN & WALK

Registration
& Post Race Party
at TJ Chumps
12 E. Linden Ave.
Miamisburg, OH 45342

LEGEND

-  Start
-  Restrooms
-  Finish
-  Aid Station
-  Race Course
-  Mile Marker



PANCAKES & RESOLUTIONS 5K, 10K & 1-MILE RUN & WALK

Heat Restrooms at Riverfront Park



TJ Chumps
Buzzing sports bar
American restaurant
Main drive - hon

Indoor Restrooms at TJ Chumps

Registration, Packets & Food at TJ Chumps



Star City
Company

To Start & Finish Line

Dairy Queen Store



South St

Mound Ave

S 2nd St

S 3rd St

Start & Finish at Community Park

START

FINISH



Porto Johns





Basic Information, Tips & FAQ for our Running Races

- 1. Arrival Time:** We recommend we arrive at least 45-60 minutes before your race so you have plenty of time to park, register or pick up your race packet, and get to the start line. There is a short walk to the start line from the registration area, so please prepare accordingly.
- 2. Course Markings:** The course is marked with signs and cones. There will be volunteers on the course, but they are there in case of emergency, so please know the course. You can refer to the maps in our race guide.
- 3. Race Photos:** These will be posted on facebook.com/zoomracingusa about two weeks after the race. Our photographer can take over 1,000 pictures, and these need to be edited, so please be patient. We will also have a photobooth, so you can stop by and get pictures taken there as well. All pictures are free of charge and will be posted online for you to tag, share and download.
- 4. Race Bibs:** Please wear your race timing bib on the front of your person so the timers can get an accurate time. Your timing chip is on your bib, so please keep your bib in good condition and do not bend it. If you have a Road ID bib and are doing the fun run, you will need to keep your own time. If you are doing the Beast you will need to switch bibs between races. You can store your bibs on the Beast rack between races.
- 5. Race Timing:** Everyone, except our fun runners (wearing Road ID bibs), will get a finish time. You must cross the start line at the start and the finish line at the finish to get an accurate time. Please wear your timing bib on the front of your person.
- 6. Results:** These will be available immediately at the registration page and on KeySports.net; later in the day they will be posted at zoomracingusa.com and facebook.com/zoomracingusa
- 7. The Beast:** The Beast 3-Race Challenge requires athletes to complete 3 race in 1 day. First you tackle the 1-mile, then you race the 5K, and finally you come back and do the 10K. This is a total of 10.3 miles of running. Each athlete will get a separate bib for each race and run them completely separately. We ask that you finish all 3 races (1-mile, 5K & 10K) inside the designated times (1-mile = 20 minutes; 5K = 40 minutes & 10K = 90 minutes). To get a Beast hoodie you must complete 3 Beast races in 1 calendar year.
- 8. Awards & Swag:** We believe everyone is a winner at Zoom. While we may report our results to USA Track and Field with age group placing, we have decided to give everyone more swag, and boost the fun factor of our races. So we do not have any "awards" other than beer, food, swag and lots of fun for everyone! We try to order enough swag for everyone, so please be sure you sign up early, because sometimes we run out. We do make sure that everyone who registered before we run out does get their swag. We put all swag, medals and materials in your race bag. We want to be sure you get it! If you did not register in time, registered for the fun run and would like swag, or want to get extra for your friends or family, please see the registration table after the race for extras. We do not mail swag after the race, unless you signed up for the virtual race.
- 9. Finisher Medals:** We put these in the race bags so we make sure those who registered for it gets one. If you did not get one, please stop by registration and ask about them. Everyone who registered for a timed race will

get one. We do purchase a limited number of race medals so be sure to sign up early to get them before they sell out. We do not mail medals after the race, unless you signed up for the virtual race.

10. **T-Shirts:** We order shirts a few weeks in advance of the race, so please register early. We do not offer you shirts once we have sold out of a size, so if you registered for a tee, you will have it on race day. Because we order exact quantities of each size, we can only do size exchanges after registration closes. So come back after your race and we will see if we can help. If you do not register for a tee, but want one on race day, we will sell any extras after registration closes, so come back after your race to see what we have left over. We do not mail tees after the race, unless you signed up for the virtual race.
11. **Food and Drink Post-Race Party:** The post-race party is for all our athletes no matter which race you completed. Drink tickets will be in your race packet bag, and can be redeemed for both alcoholic and non-alcoholic drinks at the races. Please help yourself to the food, and if you need help, see one of our registration staff.
 - a. Note: For Halloween you will need a food ticket; everyone gets one, and they are in your race bag.
 - b. Note: For Pancakes and Christmas, you do not need a food ticket; there, the food is open to all our racers, just get in line and enjoy!
12. **Service Animals Welcome:** While we love our furry friends, our event insurance only allows us to welcome service animals. We are not allowed to have other animals on course. Thank you for your understanding.
13. **Strollers Welcome!** If you want to push or pull someone in the race, you are welcome to do that. You do not have to pay for your companion, and they are welcome to enjoy the post-race party as well.
14. **All Ages and Abilities Welcome!** We welcome all ages and abilities. We defer to parents and guardians to determine at what age you can compete in the event. So feel free to bring your children, young and old; this is a family event. You are welcome to walk, run or jog the event. We do have time cut offs so please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
15. **Race Time Limits:** We do have time limits on our races. Out of respect for our staff, volunteers, local community and first responders we need to have a time limit. The time limit is set in advance and does keep walkers in mind. Even walkers should have plenty of time to complete the course, and you are welcome to walk the course. Please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
16. **Other Questions:** All questions should be covered in the athlete guide (zoomracingusa.com), on the event website or on our Event Registration A-Frame Sign (at the event). If we missed something, please email us at mick@zoomracingusa.com



Pancakes & Resolutions:

Run Course Step by Step

COURSE OVERVIEW

Runners will complete an out and back course loop that starts and finishes in Miamisburg Community Park, uses the Miamisburg Park Path and winds through the Mound business park for a rolling course on paved roads and surfaces.

1. Run STRAIGHT North through the parking lot, and follow the parking lot to the RIGHT running East.
2. Enter the Miamisburg Park Path to the RIGHT running South.
3. Continue STRAIGHT South on the path, behind the park restroom facilities, and turn RIGHT at the skate park to run West past the Community Center and towards the road.
4. Cross the parking lot and go LEFT and run South. The course continues on the Miamisburg Park Path, running along S. Main St.

FOR THE 1-MILE

5. TURN AROUND at the 1/2-mile mark and go back the same way you came to the finish.

FOR THE 5K & 10K RACES

6. Continue South on the path.

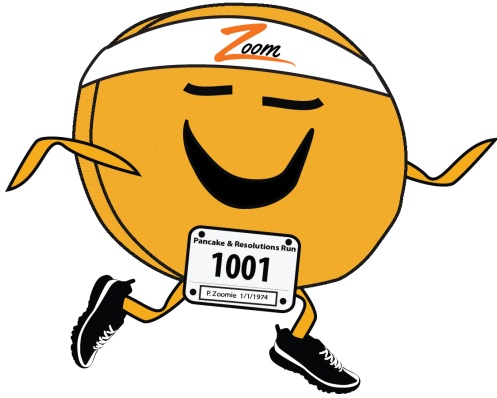
FOR THE 5K RACE

7. Cross under the Train Bridge and continue South on the path
8. At the end of the path (at the cross street) turn LEFT onto Vanguard. Remain on the LEFT side of the road.
9. TURN AROUND at the 1.55-mile mark and go back the same way you came to the finish.

FOR THE 10K RACE

10. Continue STRAIGHT North on Vanguard Blvd.
11. Vanguard Blvd. will continue around the East. Run past Vantage Pt. (traffic island and base of the hill)
12. Turn LEFT and run Northwest into the next Parking Lot
13. Circle around the parking lot following the traffic cones. You will make a large counterclockwise circle around the perimeter of the parking lot.
14. Exit the parking lot onto the sidewalk and run RIGHT along Vanguard Blvd. You will be going running Southwest.
15. Follow the sidewalk to the RIGHT up the hill along Vantage Pt. You will be running Northwest up the hill.
16. At the top of the hill continue running STRAIGHT West, and move back to the road. You will run past the parking lots, buildings, past Capstone Dr. and to the end of this road. You will be running West.
17. At the end of the road, turn LEFT, past the last building onto an access road and continue behind the building.
18. Then make an immediate LEFT into the parking lot and run back East through the parking lots. You will pass behind the buildings, cross one cross street, enter a second parking lot and run behind more buildings.
19. At Capstone Dr. turn LEFT onto the sidewalk and run North back to Vantage Pt. You are running towards the hill. Get on the sidewalk.
20. At Vantage Pt. turn RIGHT (be sure you are on the sidewalk) and run Southeast down the hill.
21. We recommend you remain on the sidewalk back along Vanguard Blvd. So continue STRAIGHT on the sidewalk or go RIGHT at Vanguard Blvd and run Southwest.
22. At the Miamisburg Park Path turn RIGHT onto the path and run North.
23. Continue back along the Miamisburg Park Path and run back along the same way you came to the finish line.

START / FINISH LINE



The Start / Finish Line is **Community Park at 550 First St. in Miamisburg, Ohio** a few blocks from TJ Chumps. There are signs on the sidewalk directing you how to get there. Parking is limited at the Start Finish Line, so you should walk or jog there. There is a bag & bib check station, plus restrooms at the START / FINISH Line

STEP BY STEP DIRECTIONS

1. Exit TJ Chumps through the Patio you will be on South Main Street. Go RIGHT (North) toward Linden and take a RIGHT onto Linden; Walk East.
2. If you exit via the bar you will exit onto Linden; Go RIGHT and Walk East
3. Cross an alley and continue East to S 1st Street.
4. Cross S. 1st Street and go RIGHT onto the sidewalk; Walk South
5. Walk about 4 Blocks crossing Mound St.
6. Community Park will be STRAIGHT ahead. The Start Finish Line is also STRAIGHT ahead.

T.J. CHUMPS



Event parking, Registration, packet pick-up, food, drink, awards, and our gear shop will at TJ Chumps a few blocks from the Start Finish Line. There are signs on the sidewalk directing you how to get there. **TJ Chumps is located at 12 East Linden Ave. in Miamisburg, Ohio**

STEP BY STEP DIRECTIONS

1. Exit Community Park onto S. 1st Street. Walk North on the sidewalk.
2. Walk a few blocks until you reach Linden Ave.
3. Go LEFT on Linden Ave and TJ Chumps is 2 blocks down on your LEFT.

Emergency Action Plan for Pancakes & Resolutions 5k, 10k & 1-mile Walk/Run
Start / Finish at Community Park 550 S. 1st Street, Miamisburg, OH 45342
Post Race Party at TJ Chumps 12 E Linden Ave, Miamisburg, OH 45342

In the Case of Emergency
Call Race Director 937-572-5018 (Mick) and/or 911

Introduction: The purpose of the emergency action plan is to guide athletic personnel, emergency medical services, and event volunteers in the event of an emergency situation.

Medical Personnel: Medical personnel may include, but not be limited to, ambulance, licensed physicians (MD/DO/DC), EMT's, certified athletic trainers, physician assistants, and lifeguards. Volunteers and athletic training students may also be present assuming the role of a first responder with basic first aid training.

Emergency Equipment: First Aid Kits at the Registration Tent & Aid Stations

Role of First Responders

1. Establish safety of scene
2. Immediate care of the athlete
3. Assess the ABC's (Airway, Breathing, Circulation)
4. Activate the Emergency Management System (EMS), when necessary
5. Call to medical director and/or 911
6. Control scene: limit scene to first aid providers and EMS. Direct other athletes around scene and move any bystanders away from the area.

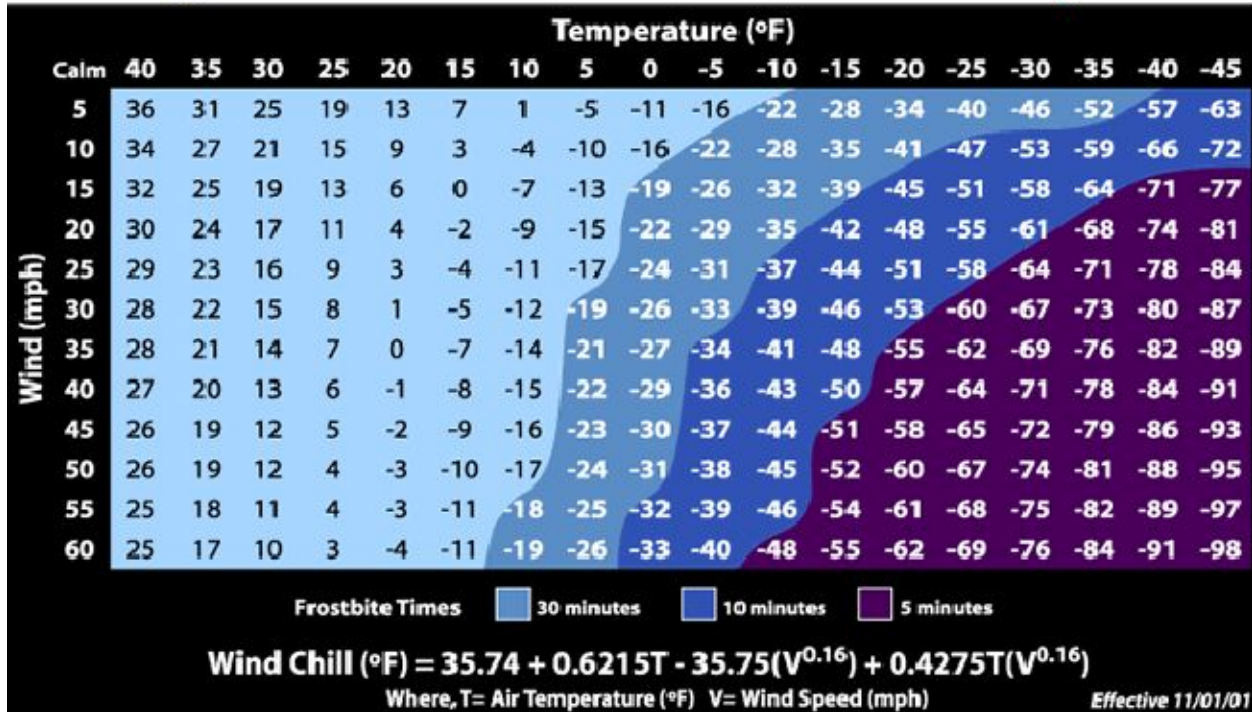
On-field Management

| If Conscious... | If Unconscious.... |
|--|---|
| If Head/Neck Injury <ul style="list-style-type: none">- Check Airway/Breathing/Circulation- Stabilize C-spine- Call Medical Director and EMS- Determine need for spineboard | <ul style="list-style-type: none">- Check ABC's- Assume Head/Neck Injury- Call Medical Director and EMS- Medical Director and EMS spineboard athlete- Monitor ABC's and transport to hospital |
| No Head/Neck Injury <ul style="list-style-type: none">- Quick assessment of condition- Determine need of EMS- If minor injury, give basic first aid and notify Medical Director | |
| In case of severe orthopedic trauma: <ul style="list-style-type: none">- Call Medical Director and EMS | |

Extreme Cold: If race conditions put athletes at risk for Frostbite, post-pone or reschedule the race.



NWS Windchill Chart



If you suspect a participant has Frostbite, Hypothermia or other cold related illness contact the medical director, race director or call 911 and get the patient indoors immediately.

Frostbite – Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in athletes with reduced blood circulation and among athletes who are not dressed properly.

Frostbite Symptoms

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pale, waxy skin

Frostbite First Aid

- Don't walk on a frostbitten foot. You could cause more damage.
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes-this increases the damage.
- Immerse the affected area in warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.
- Frostbitten skin will become red and swollen and feel like it's on fire. You may develop blisters. Don't break the blisters. It could cause scarring.
- If your skin turns blue or gray, is very swollen, blistered or feels hard and numb even under the surface, go to a hospital immediately.

Hypothermia - When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Hypothermia Early Symptoms

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Hypothermia Late Symptoms

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

Hypothermia First Aid

- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first—chest, neck, head, and groin—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.

Lightning

Proximity of lightning will be determined by a lightning detector or by the Flash-to-bang method. Using the flash-to-bang method, distance of lightning is determined by counting the seconds between the flash of lightning and when the thunder is heard. That number is then divided by five (5) to calculate the distance in miles the lightning is occurring. (Ex: 30 seconds is counted between the flash of lightning and bang of thunder, $30 \div 5 = 6$ miles way)

- Flash-to-bang count that is at 30 or less (6 miles) there is inherent danger and race should be suspended and situation should be monitored
- Flash-to-bang count at 15 or less (3 miles) there is immediate danger, seek shelter immediately
- All athletes should be moved to their cars, find shelter in the closest building or shelter facility.
- If unable to reach shelter, assume a crouched position with head down and arms hugging around your knees (avoid trees and other tall structures)
- 30 minutes will be allowed from the last lightning flash seen or the last flash-to-bang count greater than 30 before the race will be permitted to continue
- If inclement weather approaches during the course of the race, all emergency contacts will be notified to help assist athletes to safety

Heavy Winds

In the event of heavy winds, the Race Director should make certain no race apparatus or equipment being used will topple and cause injury to anyone in the area. This includes tents, speakers, finish/start lines, bike racks, banners, etc.

Tornado

In the event of a tornado, the Race Director should communicate with all athletes, volunteers, and other personnel that a tornado warning has been issued. All parties at the race site should be instructed to move to a safe location and take shelter, in the closest building or shelter facility. If it is during the course of the race and shelter is unavailable, all should be instructed to lie flat in a ditch or depression and cover their head with their hands. It is advised to all athletes to wear their helmets at all times.

Heavy Rains

While rain itself is not a danger to athletes and volunteers, rain slicked road ways, standing water and poor visibility are all dangers that may result from heavy rainfall. The Race Director will communicate with local law enforcement to determine the condition of the roadways and running trails.

Directions to Nearest Hospital/Medical Facility

Sycamore Medical Center

Address: 4000 Miamisburg Centerville Road, Miamisburg, OH 45342

Phone: (937) 866-0551

Distance: 4 Miles from Start / Finish Line at Community Park 550 S 1st Street, Miamisburg, OH 45342

Directions:

1. Head North on S 1st Street / Main Street
2. Go about 4 blocks and take a RIGHT on OH-725 E/E Central Ave
3. Continue to follow OH-725 E
4. Turn right. Destination will be on the right