

Medical Information

Pine to Palm 100 mile Endurance Race

A 100 mile endurance race is one of the most physically challenging events and participation in it presents numerous medical risks, many of which can be extremely serious or fatal. Participation in this event is at the runner's own risk. Although Race Management has medical personnel at various points along the course, this is a wilderness event and the inaccessibility of much of the trail may make it difficult or impossible for medical assistance to reach the runner immediately.

We will perform a brief medical check of each participant at the medical check-in on Friday September 9th at Registration from 3:30 pm to 5:30 pm. At this time we will take your weight only. This will be marked on a wristband that you will wear during the event. This information will serve as a baseline for staff to measure against along the course, if needed. This wristband will also allow you to continue along the course. If this wristband is cut, it signifies that you have dropped or have been disqualified from the race. Only an aid station captain can cut your wristband.

It is our intent to help you in any way we can so that you can continue along the course towards the finish line. We will make all reasonable efforts to give assistance whenever possible. However, if we feel it is unsafe for you to continue, the medical staff does have the authority to pull you from the race. We will provide medical services, within our means, along the course, but if the aid you require is beyond our means, we will call the nearest ambulance service and have you transported to the hospital. IN THE EVENT THAT A RUNNER REQUIRES EMERGENCY EVACUATION BY GROUND or HELICOPTER-AMBULANCE, THE RUNNER ASSUMES ALL FINANCIAL OBLIGATIONS CONNECTED WITH THIS SERVICE. Race management is NOT responsible for any debt incurred.

Please know and understand your limitations when it comes to your health. Come prepared to manage your own issues and conditions. For example: if you have exercise-induced asthma and may require medication, bring your inhaler. If you are allergic to bees, bring an epipen. If you are diabetic, bring your glucose monitor. If you are coming into the race with bad blisters, have the supplies necessary to treat them along the course. We may have what you need along the course, but 100 miles is a long way and we may not be where you need us when you need us. PLEASE BE PREPARED.

We also urge you to watch overhydration. Studies have shown that overhydration before, during and after the event can lead to certain serious medical conditions, such as hyponatremia. Please drink to thirst and use salt supplementation as you did in training. It is also important to restrict use of NSAID medications, such as ibuprofen, during the event as this can further complicate medical conditions that can present during ultrarunning events.

Although medical and other personnel will assist you when possible, remember that you are ultimately responsible for your own well-being along the trail.

We hope you have a safe and healthy journey from Pine to Palm. If you have any questions or concerns regarding this information, please talk to the medical staff at check-in the day before the race.