



## Prepare, Perform, Recover: University Hospitals Supports You Every Step of the Way

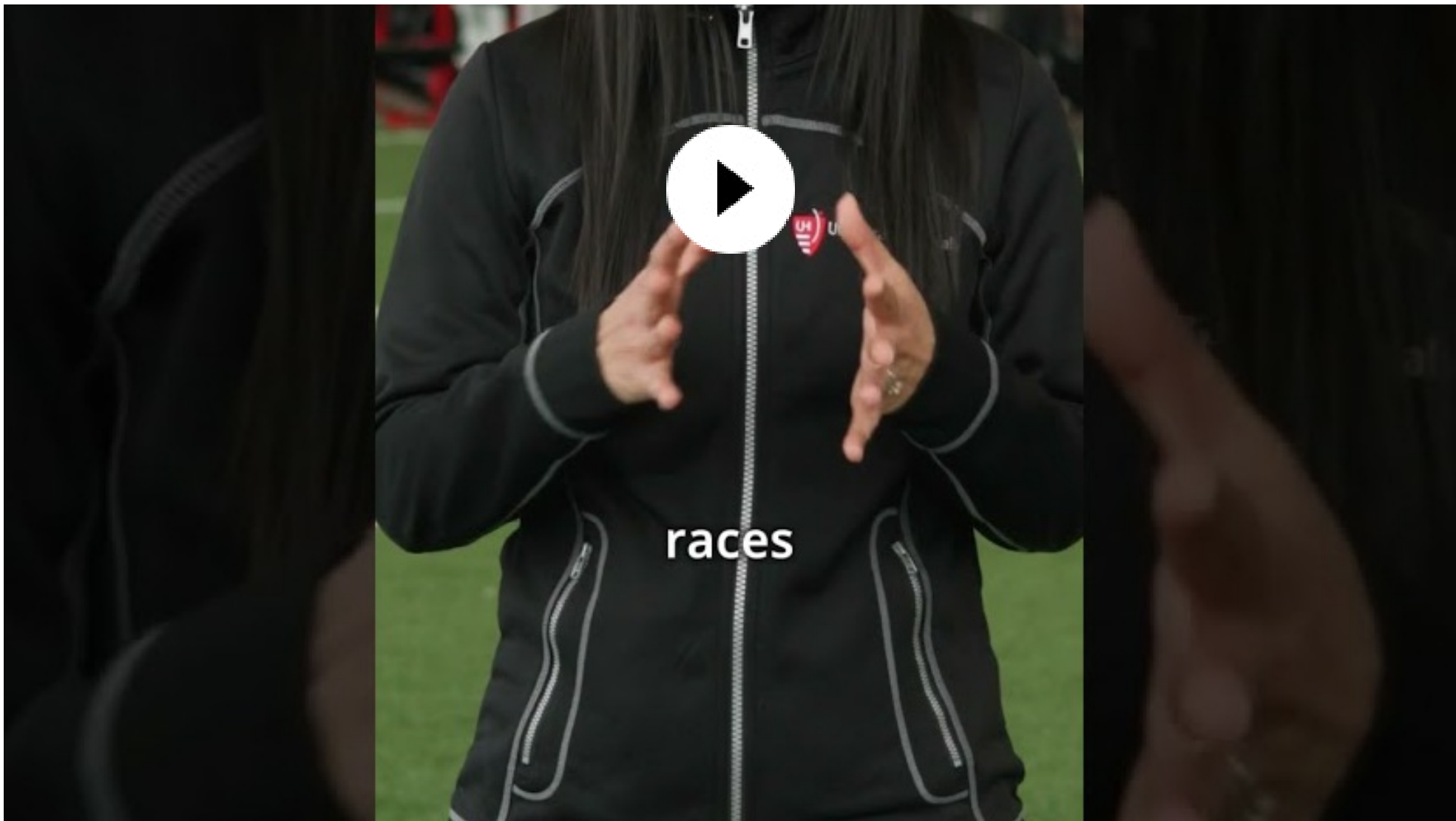
We're proud to have **University Hospitals** as our **Title Sponsor and Official Medical Provider** for the 2025 event. As one of the region's most trusted healthcare systems, UH brings top-tier medical support, resources, and expertise to our event—on and off the course. Their partnership helps ensure our runners are supported every step of the way.

From pre-race prep to post-race recovery, University Hospitals is here to keep you strong, safe, and ready to run. Leading up to race weekend, we'll be sharing health and training insights straight from UH's team of medical and sports performance experts.



## How to Fuel During a Race!





## Expert Training and Nutrition

Get pro advice from the University Hospitals Drusinsky Sports Medicine Institute team—featuring expert tips to help runners maximize performance and speed up recovery.

**How To Be a Better, Faster, Stronger Runner – Advice for Beginners and Experts**  
<https://www.uhhospitals.org/blog/articles/2023/06/how-to-be-a-better-faster-stronger-runner>

**Avoid Common Errors In Training for Your First Race**  
<https://www.uhhospitals.org/Healthy-at-UH/articles/2021/08/avoid-common-errors-in-training-for-your-first-race>

**The Top 3 Running Injuries -- And What You Can Do About Them**  
<https://www.uhhospitals.org/Healthy-at-UH/articles/2020/01/the-top-3-running-injuries-and-what-you-can-do-about-them>

**Best foods to eat before competition:**  
<https://www.uhhospitals.org/Healthy-at-UH/articles/2020/02/the-best-food-for-athletes-to-eat-before-a-competition>

**Power up your running through strength training:**  
<https://www.uhhospitals.org/Healthy-at-UH/articles/2019/11/power-up-your-running-through-strength-training>

## Meet our Medical Director & Team





Dr. Jeffrey Luk

**Dr. Jeffrey Luk** is the medical director for the University Hospitals Cleveland Marathon and is looking forward to helping athletes complete the course competitively and safely.

“I am honored to be the medical director for the UH Cleveland Marathon,” said Luk. “We at University Hospitals have a fantastic multidisciplinary team who are all excited to provide medical staffing for the marathon. Our plan is to ensure a fun, and most importantly, safe marathon for all participants.”

### Meet the rest of the team. Thanks to our outstanding medical team:

Dr. Jeffrey Luk - Director of Prehospital and Disaster Medicine

Dr. Laura Goldberg - Primary Care Sports Medicine

Dr. Benjamin Boswell - Primary Care Sports Medicine

Dr. Amanda Kay Weiss Kelly - Chief of the Division of Pediatric Sports Medicine, Primary Care Sports Medicine

Tim Pugliese - Board Certified Clinical Specialist in Orthopedics and Sports Physical Therapy

and so many more!



## Finish Line Recovery & Massage Zone

### University Hospitals Drusinsky Sports Medicine Institute Official Recovery Tent

Located in the finish line area, the Recovery Tent is your go-to spot to recharge after your race. Enjoy post-run support and space to stretch and cool down. See #4 on map below for exact location!



- 1

Announcers
- 2

Timing
- 3

CRR Run Club
- 4

Massage/Recovery Tent by UH Drusinsky Sports Medicine Institute
- 5

Ice Tent
- 6

Fleet Feet - Merchandise
- 7

Fat Head's Beer
- 8

DJ
- 9

Information and Volunteer Check-In
- 10

Challenge Series Medal Pick-Up
- 11

Gear Check (drop-off / pick-up)
- 12

Charity Village
- 13

Ryl Tea
- 14

For Art's Sake - Wall Art
- 15

PR Bell by Yoked Jerky
- 16

Yoked Jerky Tent
- 17

Cleveland Water Buggy
- 18

Medal Engravers
- 19

Prayers from Maria Ice Cream Truck
- 20

Booby's Mobile Beverages
- 21

Incredibowls
- 22

SISU Saunas
- 23

Moving Ahead Services



Restrooms  
E. Mall Drive  
& E. 6th Street



Race Weekend Weather Chart

Weather conditions can have a significant effect on your safety as a race participant.

The UH Sports Medicine team would like you to be aware of the following colored flag system that will be in effect on your race day. Be aware and look out for the colored flags posted throughout the course and at aid stations.

Alert Level	Event Conditions	Recommended Actions
	Event Canceled/Extreme and Dangerous Condition	Participation Stopped – Follow Cleveland Marathon Official's Instructions
	Potentially Dangerous Conditions	Slow Down – Observe Course Changes/Follow Cleveland Marathon Official's Instructions/Consider Stopping
	Less than Ideal Conditions	Slow Down – Be Prepared for Worsening Conditions
	Low Risk, Good Conditions	Enjoy the Event – Be Alert
	No Risk	Enjoy the Event





*[UH Drusinsky Sports Medicine Institute](#) is proud to be the official medical provider of the University Hospitals Cleveland Marathon. For nearly ten years, the team of experts at University Hospitals has worked strategically to develop safety protocols and provide on-site medical care throughout the race. For more information or to make an appointment with a UH Drusinsky Sports Medicine Institute specialist, visit [the UH website](#).*

QUESTIONS?

What topics are you interested in hearing about?

We'd love to know!

email: [info@clevelandmarathon.com](mailto:info@clevelandmarathon.com)