

New Balance REAL Run 2010
MEDICAL ADVISORY
(Provided to all participants through Race Booklet)

While regular exercise can lead to many health benefits, the incidence of cardiovascular events during exercise can occur if you have an underlying heart condition, are untrained, over trained or run at an intensity beyond your training pace (for trained runners).

Adequate screening and evaluation are important to ascertain if you have an underlying cardiovascular disease before you begin exercising at moderate (walking pace) to vigorous (jogging pace) level.

Before you participate in the New Balance REAL Run 2010, we would like to strongly recommend that you go for an initial cardiovascular health history screening with a doctor.

The organizer has emergency policies and procedures in providing doctors, first aiders, ambulance and medical equipment to manage the medical risks involved in organizing such a run. However, we would like to seek your understanding in looking through the following:

***AHA/ACSM Health/Fitness Facility Preparation Screening Questionnaire: Assess your health needs by marking all "TRUE" statements.**

HISTORY

You have had:

- A heart attack**
- Heart surgery**
- Cardiac catheterization**
- Coronary angioplasty (PTCA)**
- Pacemaker/implantable cardiac defibrillator/rhythm disturbance**
- Heart valve disease**
- Heart failure**
- Heart transplantation**
- Congenital heart disease**

SYMPTOMS

- You experience chest discomfort with exertion**
- You experience unreasonable breathlessness**
- You experience dizziness, fainting and blackouts**
- You take heart medications**
- You have musculoskeletal problems**
- You have concerns about the safety of exercise**
- You take prescription medication(s)**
- You are pregnant**

CARDIOVASCULAR RISK FACTORS

- You are a man older than 45 years**

- You are a woman older than 55 years or you have had a hysterectomy or you are postmenopausal
- You smoke
- Your blood pressure is greater than 140/90
- You don't know your blood pressure
- You take blood pressure medication
- Your blood cholesterol level is >240mg/dL
- You don't know your cholesterol level
- You have a close blood relative who had a heart attack before age 55 (father or brother) or age 65 (mother or sister)
- You are diabetic or take medicine to control your blood sugar
- You are physically inactive (i.e. you get less than 30 minutes of physical activity on at least 3 days per week)
- You are more than 10kg overweight

If you answer "yes" to any of these questions, please consult a doctor and seek expert medical advice before participating in the New Balance REAL Run 2010. If none of the statements are applicable to you, we would like to advise that you go for a medical screening as a matter of precaution.

We would also like to encourage you to have adequate rest leading to the run and do drink a lot of water before, during and after the run, in order to reduce the risks involved in dehydration, high humidity and high temperatures.

*Adapted from the American Heart Association/American College of Sports Medicine Joint Position Statement, June 1998

Wishing you a safe and exhilarating experience for the run, as you face our multi-terrain challenge, the one and only in Singapore.

Information provided by,
The Organising Committee, New Balance REAL Run 2010