



# PRESS RELEASE

From The Office Of  
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## **Bellone Announces Catholic Health Services, Partners to Provide Medical Support at Suffolk Marathon**

### ***Medical Experts Will Play Key Role in Ensuring Well-Being of Race Participants***

**(HAUPPAUGE, NY, July 8, 2015)**--Suffolk County Executive Steve Bellone announced Wednesday that Catholic Health Services and its partners, Progressive Emergency Physicians and Hunter Ambulance, will provide medical support to participants of the Suffolk Marathon and Half Marathon to Support Our Veterans on Sept. 13.

“What CHS and its partners will furnish is key to ensuring the well-being of runners who themselves are contributing to services for our veterans,” County Executive Bellone said. “Thanks to this partnership, runners will be in good hands should they need any kind of medical help during the race.”

“We are excited and honored to play a key role in the first Suffolk County Marathon, particularly because the event supports our local veterans,” said Alan Guerci, MD, President and CEO of Catholic Health Services of Long Island. “As a health system, we are committed to the well-being of Long Islanders, and this event allows us to put our commitment into action in a very meaningful way.”

Catholic Health Services and its partners plan to commit close to 100 people to providing medical support to marathon participants. Among those on site will be emergency medicine physicians, physician assistants, emergency and critical care nurses, physical therapists and podiatrists, among others.

All are skilled and experienced at assessing and treating the types of injuries and ailments that could occur at a marathon, including minor lumps, bumps and bruises, blisters, muscle and bone injuries, overheating and dehydration. In addition, the specialists have the capability of responding to more serious health emergencies including breathing and cardiac issues.

The specialists will staff and equip nine medical aid stations along the race route as well as a fully functioning field hospital at the finish line. The main focus is on the health and safety of the runners, but they will also ensure the well-being of race volunteers and staff. The goal is to provide on-the-spot treatment for minor issues and quickly transport more seriously ill or injured runners to a facility where they can receive appropriate care.

Because distance running tests the abilities of your body, it is important to consult with your physician before hitting the pavement, CHS said. Marathons stress your muscles, bones, heart and lungs. The first step is to make sure you are in good physical condition before you start.

It takes months to train for a marathon. CHS said it does not recommend beginning training now for a marathon in September.” If you are not in shape and you want to run the Suffolk County Marathon, we recommend that you plan a training regimen for 2016,” the organization said.

All net proceeds generated from the Suffolk County Marathon will go toward enhancing local veteran services.

“It is our responsibility to take care of those men and women who volunteered to serve our country,” County Executive Bellone said. “This inaugural marathon is a great opportunity for people to show their support for our veterans and ensure they have what they need when they return home from service.”

After the marathon, the county is hosting a Taste of Long Island Festival, featuring live musical entertainment and highlighting local craft breweries, award -winning wines, and local food and produce.



Suffolk County Executive Steve Belone with representatives of Catholic Health Services, county EMS and health and the Greater Long Island Running Club.