



**TRINITY REGIONAL
MEDICAL CENTER**

IOWA HEALTH SYSTEM

802 KENYON ROAD
FORT DODGE, IOWA 50501
FAX 515-573-8710

Dear Coach,

Congratulations to you and your runners for qualifying for the State Cross Country meet in Fort Dodge. We will be providing Certified Athletic Trainers for the event. A physician and ambulance service will also be available at the site.

The certified athletic trainers will be available one hour prior to the first race for any taping or other needs. We do ask that you provide your own taping supplies if you have an athlete who does need to be taped. The certified athletic trainers can be found in the basement of the golf course clubhouse (there is an entrance to the basement on the south side lower level of the facility). Once the race begins, we will be located at the finish line and in golf carts following the runners.

All certified athletic trainers will be easily identified. Golf carts used by the athletic trainers, will also be clearly identified.

Please note that the races start earlier in the day and the temperatures are usually cooler than what the athletes have experienced throughout the fall season. I urge you to help decrease the effects of dehydration by reminding your athletes that pre-event hydration and nutrition are extremely important. Water, sports drink, diluted juices, and a light breakfast are examples of ways to help combat dehydration and fatigue.

Feel free to contact me with any questions, concerns with a specific athlete, or comments prior to the meet. Thank you for your cooperation and best of luck to all of you at the State meet.

Sincerely,

Michelle Tesdahl, ATC/LAT
Trinity Regional Medical Center
Highland Park Center
515-574-6919