



Tabletops,
Training &
Teamwork
Integrating
Medical Into
Race Planning
Early

Moderator

Virginia Brophy Achman

Panel

Shelly Weinstein, Jan Seeley,
Jenny Matchell, Jed Cornforth

Why We Are Here



We learn from every incident



Survival rates improve when we prepare better



This is not about blame



This is about learning, clarify and preparedness

What You'll Leave With Today

Who owns what

What must be
decided on before
race weekend

Where events still
get caught flat-
footed

Setting the Tone



This is a safe space



It's ok to feel
uncomfortable



These are hard but
necessary conversations



Support/further
conversation is available
after the session

45 Minutes. Real Constraints.

We won't solve
everything
today

We are setting
direction, not
writing plans

Time reserved
for questions

Let's Start With the Basics

- Who owns your medical protocols?
- Where do they live? (EAP, IAP, EMP)
- How often are your medical protocols reviewed/updated?
- What is the relationship between your Medical Director and race?
- Medical plans ≠ event plans
- You get one shot at the narrative

Medical vs Event Ownership

Medical
protocols → EMS /
Medical Director

Fatality protocols
→ Event

Communications
→ Event

Staff/Volunteer
Care → Event

Decision
Authority → Event

How Medical Care Shows Up at Events



All volunteer teams



Hired medical vendors



Sponsor-provided
medical care



Different models. Same
challenges.

Where Events Win — or Struggle



Who is responsible for what?



One medical lead



One event lead



Clear interface between them

Why Tabletop Exercises Matter

- Clarity roles
- Surface assumptions
- Identity gaps before race weekend

Four Protocols to Prioritize

Fatality Protocol

- Activates while care may still be going on
- Supports family and staff
- Manages logistics and communications
- Not part of the medical plan

Cardiac Arrest

- Immediate recognition and response
- Rapid access to AEDs and trained responders
- Clear handoff to EMS
- Defined roles between medical and event teams

Heat Protocol

- Medical expertise matters
- Hyperthermia ≠ dehydration
- Event must support medical decision-making

Team self-care post incident

- Fatigue
- Cognitive Load
- Emotional impact
- Often shows up later

Today's Panel

Shelly Weinstein - Owner & instructor at Cogent Steps, LLC, A Physical Therapist, Advisory committee & instructor for World Athletics endurance Medical program & Medical Coordinator Credit Union Cherry Blossom

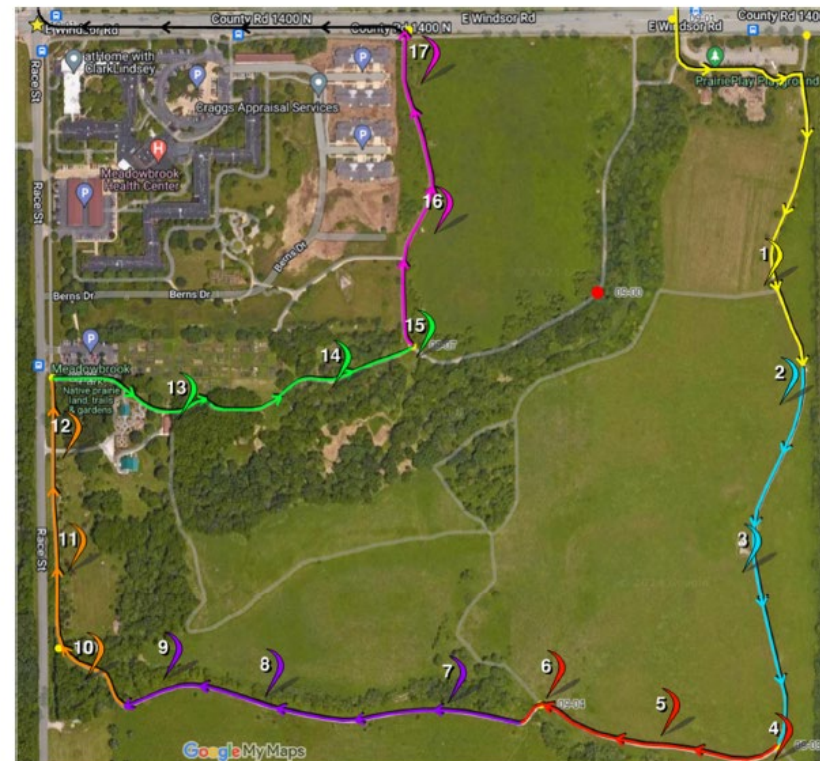
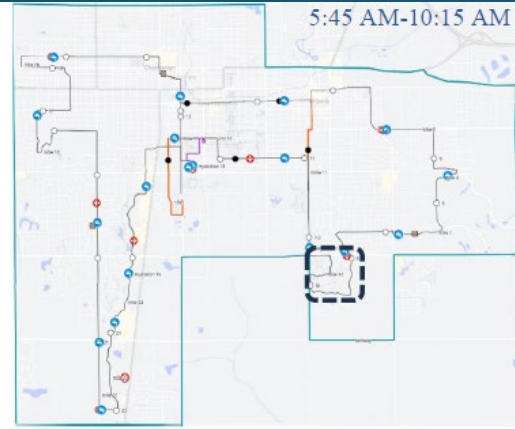
Jan Seeley - Director of the Christie Clinic Illinois Race Weekend & Run to Remember

Jenny Matchell - Director of Operations at Sacramento Running Association

Jed Cornforth - President & CEO of Beyond Monumental

Meadowbrook Safety Flags

In an emergency, ask what color flag or step-in sign is closest to the location of the issue. There are seven different flag colors. The color of each flag is spelled out on the flag.



Flags in Meadowbrook

YELLOW

1. 1st green bench on path, on left

BLUE

2. 1st bench after end of field, on left
3. Right by observation tower

RED

4. Metal art Arch, on left
5. Douglas Creek sign
6. Grass by the naked lady statue

PURPLE

7. 1st bench after the bridge
8. Little white bird house, on left
9. Bench

ORANGE

10. Bunny sculpture after bridge, on left
11. Rosenshine bench
12. Right turn heading east

GREEN

13. Meadowbrook Park sign
14. Two in the Hand sculpture
15. Left turn to head north by stone seats

PINK

16. Large ball art sculpture - Balancia
17. Diamonds are Forever sculpture

Questions

Thank you

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