

## 2024 Seattle Marathon

A heartfelt thank you to the Bastyr Sports Medicine Club medical volunteers who provided post-run recovery care at the 2024 Seattle Marathon, under the supervision of physicians from the Integrative Medicine Group.

On Sunday, December 2nd, our team began another cold morning at 6:30 am, stationed at the Seattle Marathon's post-race Recovery Area, located at the Seattle Center Exhibition Hall (301 Mercer St, Seattle, WA). Volunteers set up treatment tables and reviewed treatment plans for runners.

Our team, alongside physicians from Integrative Medicine Group—Dr. Veronica Neumann (a 2021 graduate) and Dr. Tom Hatch (a 2022 graduate)—included a total of 10 Bastyr student volunteers. Seven students were from the Naturopathic Medicine program: Ryleigh Kates, McKenzie Acuff, Elise Drapeau, Woape Huffman, Emma Gould, Ishan Kulkarni, and Andrew Moore. Three students were from the Acupuncture and East Asian Medicine program: Spencer Hopkins, Cindy Cheung, and Ashley N. Soomai.



**Fig 1.** Students and physicians that helped at the Seattle Marathon.

Together, our team worked diligently to ensure the safety and well-being of the runners, collaborating closely with the UW Medicine group. We offered a range of treatments designed to optimize athletic performance and recovery, including acupuncture, gua sha, soft tissue manipulation, high-velocity low-amplitude (HVLA) adjustments, and other therapeutic modalities. These therapies focused on alleviating muscle tension, improving mobility, and enhancing overall physical well-being. By providing these services, we helped athletes recover more quickly, prevent injuries, and perform at their best.



**Fig 2.** Student performing soft tissue release and orthopedic tests to a participant.

We extend our sincere gratitude to all the medical volunteers who made this event a success. We've been supporting our community at this event for over 10 years, and we look forward to future opportunities for Bastyr students to gain valuable clinical experience. For more information about upcoming events, please contact the Bastyr Sports Medicine Club.

Once again, thank you to everyone involved.

### *Integrative Medicine Group*

A non-profit organization focused on community, education, and research.