



Bank of America Chicago Marathon Event Alert System Update 1 Tuesday, October 5, 2021

Dear participant,

As part of our continuing effort to provide communications, please be advised of the current Event Alert System level for Sunday's race, as well as some final race weekend reminders.

Event Alert System

The color-coded Event Alert System (EAS) communicates the status of course conditions to participants leading up to and on race day. The levels range from low (green) to moderate (yellow) to high (red) to extreme (black) based primarily on the weather, as well as other conditions.

According to the advance local weather forecast, the weather on race day is projected to be **mostly sunny early with a 30% chance of showers after 2 p.m., with low temperatures in the mid-60s (degrees F) and high temperatures in the mid-70s (degrees F).**

Based on this forecast, the EAS level is Yellow, which suggests less than ideal conditions for marathon running. Please be aware that conditions may change before race day. Be prepared for changing conditions and pay attention to signage and P.A. announcements at the Abbott Health & Fitness Expo, in Grant Park, and along the course.

Each runner responds differently to heat, but all runners should take a cautious approach to avoid heat-related illness. While running, the body heats up internally and sends blood to the skin for cooling. At the same time that your body is trying to cool itself, its demand for oxygen, and thus blood flow to the working muscles, is in high demand. Any imbalance in this process may lead to heat-related illness. In addition, if there is high humidity, the cooling measures of the skin may be blunted, leading to higher internal temperatures.

Participating in endurance events in hot conditions can also exacerbate dehydration. Dehydration is the process of losing fluids from the body, in this case, through sweat. As you sweat, you lose water and salt. Each runner sweats and loses salt at a different rate; thus, it is vital to replace fluids and monitor sodium intake in order to avoid dehydration issues.

Given the current EAS level, Bank of America Chicago Marathon Medical Director Dr. George Chiampas offers the following preparation tips to all participants:

- Hydration: Drink enough fluids to maintain your baseline body weight, but be aware of over-hydration. If you begin to gain weight above your baseline body weight, you are



drinking too much water and depleting your sodium level. (A condition known as “Hyponatremia” can occur when there is a lower than normal concentration of sodium in the blood. Sodium is a critical electrolyte that aids nerve and muscle function, and helps to maintain blood pressure.)

- Utilize both water and sports drinks (Gatorade) to stay hydrated and maintain sodium levels.
- Pay attention to the weather forecast and dress for the appropriate weather conditions.
- Start out at a conservative pace. An all-too-common mistake in the marathon is to start out too quickly and fade at the end. Conserve your energy for the latter stages of the race.
- Study the course and be aware of the locations of Aid Stations. Each Aid Station has water, Gatorade, toilets, medical facilities and access to runner drop-out vehicles.
- Do not immediately stop moving when you cross the finish line. Rather, walk or slowly jog as you move through the finish area. This will allow your muscles to relax and your body to acclimate. It is not uncommon for runners to collapse beyond the finish line due to the sudden change in activity.
- For participants who require such assistance after the race, the Main Medical facility is located just beyond the finish line, as is an Ice Tent and Podiatry Tent.
- Pack warm and dry clothes to change into after the race.

The Bank of America Chicago Marathon is committed to providing the safest possible race experience. Participants are advised to use their best judgment, alter their pace accordingly and pay attention to their body's warning signals at all times.

In addition to being prepared for changing conditions on race day, we also ask that you please join us in being vigilant of your surroundings during the race and throughout the weekend. If you see a suspicious person, object or vehicle along or near the race course, report the sighting to 9-1-1 or to law enforcement personnel.

Race weekend reminders

Please be aware of the following information:

- **Health policy:** Proof of vaccination or a negative COVID-19 test taken no earlier than October 7, 2021, is required for entrance to the Abbott Health & Fitness Expo. Individuals unable to prove full vaccination or a negative COVID-19 test will be barred from entering the Health & Fitness Expo and unable to pick up the necessary race materials that allow for participation in the event. See below for more information on participation requirements for the 2021 event. [Click here](#) for full details on the event’s participation requirements and COVID-19 policy.
- **Packet pick-up ticket:** Packet pick-up tickets cannot be re-sent. If you did not receive a packet pickup ticket please go to Participant Services at the Abbott Health & Fitness Expo.



Upon presentation of a photo I.D., your registration will be confirmed and a packet pickup ticket will be provided for you.

Packet pick-up tickets were emailed to all participants on Wednesday, September 29.

- **Participant guide:** The 2021 Bank of America Chicago Marathon participant guide includes all the key information you will need to be prepared for and ready for this weekend. To download the 2021 participant guide, [click here](#).
- **Bib/Package pick-up:** You must pick up your own participant packet at the Abbott Health & Fitness Expo during regularly scheduled hours. [Click here](#) for more information on the Abbott Health & Fitness Expo.
- **Gear check:** The only bag that you will be permitted to bring into Grant Park on race day will be the clear plastic event-issued bag that you will receive at the Abbott Health & Fitness Expo. Backpacks, luggage and other non-event-issued bags will not be accepted at gear check.
- **Security checkpoints and bag screening:** Before entering Grant Park on race morning, you will be required to pass through a designated security checkpoint. Your event-issued bib number must be visible at all times and will serve as your personal identifier, allowing you access to the Park. Please download the directional maps below for specific instructions based on your starting assignment.
[Wave 1 \(Corrals A, B, C, D and E\) directional map](#) (.pdf)
[Wave 2 \(Corrals F, G, H, J and K\) directional map](#) (.pdf)
[Wave 3 \(Corrals L, M and N\) directional map](#) (.pdf)
- **Spectator access:** General spectators will not have access to the start and finish line areas within Grant Park. Spectators may access the Abbott 27.2 Fest and Runner Reunite areas after 9:30 a.m. on race morning.

As a part of your preparation, we also encourage you to view an instructional video on [Hands-only CPR](#).

Cancellation by you

- **Participant cancellation:** Participants unable to participate in the 2021 Bank of America Chicago Marathon can cancel their entry through 5 p.m. (U.S. Central Time) on Wednesday, October 6 via their [participant account](#). While all event fees (entry, ancillary products, etc.) are non-refundable, and will not be applied to future participation, participants who cancel their entry will have access to a guaranteed entry for the next event.
- **International travel accommodation:** The event has put into place an exception to our standard event policies to acknowledge government travel restrictions preventing international participants from traveling to Chicago race weekend. Registered participants who meet the criteria for the exception on or after Friday, September 10, 2021, will be



eligible to defer their 2021 place and entry fee to the 2022 event through 5 p.m. (U.S. Central Time) on Wednesday, October 6. [Click here](#) for more information.

- **COVID-19 accommodation:** The event has put into place an exception to our standard event policies for participants who cannot participate due to a positive COVID-19 test within 14 days of the event. [Click here](#) for more information.

Sincerely,

Bank of America Chicago Marathon