



Bank of America Chicago Marathon Event Alert System Update 2 Thursday, October 7, 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.

IMPORTANT REMINDER: Proof of vaccination or a negative COVID-19 test taken no earlier than today (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. [Click here for the full details on the event's participation requirements and COVID-19 policy.](#)

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

COVID-19 Policy reminders

- **Proof of vaccination or a negative COVID-19 test taken no earlier than today (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.

- Upon verification of proof individuals will receive a tamper proof wristband which will act as identification at the screening process and allow entrance into event venues for the remainder of the weekend. The wristband must be worn continuously throughout race weekend and SHOULD NOT be removed until after Sunday's race.
- If you have tested positive or been exposed to someone who has tested positive for COVID-19 within 14 days of the event, please do not participate in or attend the event. Learn more about the COVID-19 accommodations for registered participants who test positive for COVID-19 within 14 days of the event.
- All attendees are required to wear face coverings while at indoor event venues, including the Abbott Health & Fitness Expo.
- Face coverings must be two-ply at a minimum and cover the mouth and nose securely. Single-ply neck gaiters and face shields are not acceptable face coverings.
- Participants are encouraged to wear face coverings in Grant Park pre-race. Additional masks will be available post-finish for participants who would like to re-mask before making their way to the Abbott 27.2 Fest or Runner Reunite.
- All attendees are accountable for their own actions and behavior prior to the event, during travel and while participating in event-related activities and other activities around Chicago during the event weekend.
- Failure to follow these policies and guidelines may result in denial of participation in or entry to some or all event components, and forfeiture of unique exceptions to standard event policies.
- [Click here for the full details on the event's participation requirements and COVID-19 policy.](#)

Race weekend reminders

- All participant packets MUST be picked up by 6 p.m. (U.S. Central Time) on Saturday, October 9, at the Abbott Health & Fitness Expo. [Learn more about the Health & Fitness Expo.](#)
- You must present your packet pick-up ticket (digital or printed) at the Abbott Health & Fitness Expo, along with one form of photo ID, in order to receive your race packet (bib number and timing device).
- You must pick up your own participant packet and participant bag at the Abbott Health & Fitness Expo.
- Individuals will not be allowed to pick up these items on behalf of others. This will be strictly enforced; no exceptions.



- Your bib number is an individual identifier and may not be transferred or sold to any other individual.
- Start corral assignments are final. There will be no changes to start corral assignments on race weekend.
- If you are unable to participate, you will not receive a refund for your race entry fee.
- Please check chicagomarathon.com for up-to-date race weekend information, including Event Alert Status updates.

Sincerely,

Bank of America Chicago Marathon