



Bank of America Chicago Marathon Event Alert System Update 3 Saturday, October 9, 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.

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 **partly sunny with a 20% chance of showers from mid-morning to early afternoon, with winds out of the southwest at 12 to 17 miles per hour, low temperatures in the high 60s (degrees F) and high temperatures in the low 80s (degrees F).**

The current EAS level is Yellow, which suggests less than ideal conditions for marathon running. Based on the forecast, race officials anticipate that the EAS level will reach Red in the late morning. Red suggests potentially dangerous 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.

In anticipation of higher-than-normal temperatures and humidity on Sunday, the Bank of America Chicago Marathon will be activating additional measures for participants safety, including extra water, wet sponges at Aid Stations 8 (Mile 10.5) and 15 (Mile 19.2) and water misters at each Aid Station starting at Aid Station 5 (Mile 7.3). Ice towels and misters will be available at the finish line. Runners will also have the opportunity to take a Heatsheet after finishing with the reflective side facing out, which promotes cooling rather than warmth. Cooling busses will be stationed on Michigan Avenue.

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, your body also has a high demand for oxygen and blood flow to working muscles. 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.

Tips from Bank of America Chicago Marathon Chief Medical & Safety Officer Dr. George Chiampas

Given the current EAS level, Bank of America Chicago Marathon Chief Medical & Safety Officer 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.
- Review the course map 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.

If you feel like you need medical assistance on race day, you are encouraged to seek help from a medical volunteer or visit a medical tent in Grant Park or on course. If you are not near a medical tent on course, please seek help from a course official. Runners who are healthy enough to continue running after evaluation by medical staff will be allowed back onto the course.



Medical support is available at 22 on-course locations. Medical tents are located at all 20 aid stations and additional medical tents are located between Mile 14 and Mile 15 and in the final mile. Medical tents are indicated by tall, red, blade signs with the medical cross icon. Each medical tent is staffed by a team of medical professionals, is equipped with emergency and first aid supplies and has access to ambulance service.

In Grant Park, the Main Medical Tent, Podiatry Tent and Ice Station are located directly beyond the finish line. An additional medical tent is in Grant Park adjacent to the Abbott 27.2 Fest.

The Bank of America Chicago Marathon encourages all participants to evaluate their race plan and update as necessary in light of anticipated weather conditions. As you move forward in your race, remember to pay attention to your mind and your body and allow them to work together during the excitements and challenges of your race. All participants have the same goal in mind: safely and successfully returning to in-person marathons. We'll see you on Sunday at your Chicago start line.

Sincerely,

Bank of America Chicago Marathon