



AKRON MARATHON

RACE SERIES

MARATHON
HALF | RELAY

PRESENTED BY



September 26, 2019

WEATHER ALERT

FirstEnergy Akron Marathon, Half Marathon & Team Relay

We are excited to welcome you to the FirstEnergy Akron Marathon, Half Marathon & Team Relay, the final leg of the Akron Children's Hospital Akron Marathon Race Series!

This weekend's race is currently under a **Weather Alert** due to warm temperatures. Providing a safe race for all our participants is our top priority. Race officials have been and will continue to be in regular communication with the National Weather Service. If the current forecast holds true, temperatures at the start of the race will be in the high-60s and are expected to reach mid to high-70s for majority of the race. The temperature could reach as high as 85 for the final two hours of the race.

We will start Saturday's race under **Green/Good Conditions** and will move to a **Yellow/Moderate Alert Level**. It is the recommendation of our Medical Team to slow your pace on race day. The chart below is an approximation which serves as a guide to adjusting your pace on race day. Each runner should seriously consider his/her level of fitness and adjust accordingly.

Pace Per Mile	Pace Per Mile	Pace Per Mile	Pace Per Mile
Goal	Green/Caution	Yellow/Moderate	Red/Hazardous
5:00	5:18	5:27	5:36
7:04	7:29	7:46	7:59
7:15	7:41	7:58	8:11
7:27	7:58	8:11	8:29
7:49	8:26	8:45	8:59
8:01	8:44	9:03	9:22
8:12	8:56	9:20	9:40
8:24	9:09	9:34	9:59
8:35	9:21	9:47	10:12
8:58	9:51	10:18	10:45
9:10	10:10	10:38	11:05
9:33	10:41	11:16	11:50
10:07	11:25	12:08	12:50
10:41	12:17	13:08	13:53
11:15	13:03	13:57	14:51
11:27	13:23	14:18	15:13
11:49	13:56	15:00	16:04
12:23	14:44	15:51	17:05
13:44	16:37	18:07	19:38
14:00	16:56	18:28	20:01
15:00	18:09	19:48	21:27
16:02	19:24	21:09	22:55

Half Marathon Only

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Yellow (Moderate)

- Slow down.
- Be prepared for worsening conditions.
- Make sure you take in adequate fluids on the course; carry additional hydration with you.

Red (High):

- Slow your pace.
- Rest periodically if needed.
- Do not over extend yourself.
- Listen to your body.
- Make sure you take in adequate fluids on the course; carry additional hydration with you.
- We recommend participants at increased risk for heat collapse withdraw from the race.
- Marathoners, consider completing the Half Marathon by following the Half Marathon course at the 12.5 Mile split (no need to transfer events).

All participants should familiarize themselves with the color-coded Event Alert System below and remain alert for directions from race officials, announcers and volunteers and take proper precautions based on race day weather conditions. Aid and Fluid Stations are well marked on course maps as well as along the course.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL INSTRUCTIONS/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT

The Akron Marathon has instituted the following changes/additions to this year's race based on the weather forecast:

- 2-misting stations will be added at Miles 19.6 and 23.6
- Ice sponges will be available at all Aid Stations along the course
- Heatsheets/Mylar blankets will not be distributed at the Finish Line after 12:00 p.m.

By observing the following advice, you may experience a more successful and safer race. These recommendations are promoted by the American College of Sports Medicine.

HYDRATION / AVOIDING HEAT ILLNESS

1. Drink 8-10 ounces of water or sports drink 2-3 hours before the race to make sure you are properly hydrated before arriving at the starting line.
2. 10-20 minutes before the race, drink another 8 ounces of water or sports drink.
3. Just before the race, your urine should be like lemonade; clear means that you are over-hydrated.
4. During the race, drink 6-8 ounces of water or sports drink every 15-20 minutes.
5. Do not drink: fruit juices, sodas, energy drinks, or beverages with carbohydrate levels higher than 8-10%. Also, avoid caffeine-containing beverages, alcohol, and carbonation since they can lead to dehydration and thereby increase the risk for heat illness.
6. If you develop cramps in the legs, stop and try to stretch. Drink sports drinks only. Seek aid for help with cramps that do not respond to these measures.

SIGNS THAT YOU ARE DEHYDRATED AND AT RISK FOR SERIOUS HEAT ILLNESS:

- Thirst
- Headache across the temples
- Irritability
- Weakness
- Dizziness
- Nausea
- Decreased performance

Seek medical help if you develop these symptoms to avoid more serious problems! The best sources for information about the status of the race are:

- Akron Marathon email updates
- Akron Marathon Race Series app (be sure to accept push notifications)
- Event website www.akronmarathon.org
- Facebook @AkronMarathon / Twitter @AkronMarathon
- Information booth located at the Health & Fitness Expo
- Information booth at Start/Finish Lines
- Event Alert Signs at Aid Stations and Relay Exchange Zones
- Public Address System at Start/Finish Lines

Best wishes to all participants for a safe and successful race!

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