



## WEATHER UPDATE

### National Interstate 8k & 1 Mile on June 27 & 28, 2025

We are excited to welcome you to the National Interstate 8k & 1 Mile which is the kick-off event of the Akron Marathon Race Series presented by Summa Health!

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. Please see race weekend weather updates below for each event.

### WEATHER ALERT: National Interstate 1 Mile on Friday, June 27

The 1 Mile race is currently under a **Weather Alert** due to high temperatures and chances for thunderstorms. The National Weather Service is forecasting scattered showers with a chance of thunderstorms. If the current forecast holds true, the temperature at the start of the race will be 84. The temperatures alone are not an alarming cause for concern, but when combined with high humidity levels, it could feel much warmer suggesting a high risk for heat illness. The race will be under a **High/Red Alert Level**.

### WEATHER ADVISORY: National Interstate 8k on Saturday, June 28

The 8k race is currently under a **Weather Advisory** due to humidity and chances for thunderstorms. The National Weather Service is forecasting scattered showers with a chance of thunderstorms. In the event of severe weather, look for changing Event Alert Levels during this time. If the current forecast holds true, the

temperature for the duration of the event will be mid-70s. We expect to start the race under **Yellow/Moderate conditions**.

If the Akron Marathon Charitable Corporation determines there is risk of potential danger to race participants, spectators or volunteers, the start of the race may be delayed until it is deemed safe to start the race. Stay tuned to the Akron Marathon's social media channels for real-time updates leading up the race.

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.

| 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  |

Use the pace chart below as a guide for adjusting your effort in response to race day heat by alert level.

| <b>Pace Per Mile<br/>Green /<br/>Low</b> | <b>Pace Per Mile<br/>Yellow /<br/>Moderate</b> | <b>Pace Per Mile<br/>Red / High</b> |
|--|--|-------------------------------------|
| 5:00                                     | 5:06   | 5:24                                |
| 6:00                                     | 6:18   | 6:46                                |
| 7:00                                     | 7:21   | 7:54                                |
| 7:30                                     | 7:52   | 8:28                                |
| 8:00                                     | 8:24   | 9:02                                |
| 8:30                                     | 8:55   | 9:36                                |
| 9:00                                     | 9:27   | 10:10                               |
| 9:30                                     | 9:58   | 10:44                               |
| 10:00                                    | 10:48  | 12:00                               |
| 10:30                                    | 11:20  | 12:36                               |
| 11:00                                    | 11:52  | 13:12                               |
| 11:30                                    | 12:25  | 13:48                               |
| 12:00                                    | 13:33  | 15:43                               |
| 12:30                                    | 14:07  | 16:22                               |
| 13:00                                    | 14:41  | 17:01                               |
| 14:00                                    | 15:49  | 18:20                               |
| 15:00                                    | 16:57  | 19:39                               |
| 16:00                                    | 18:04  | 20:57                               |
| 18:00                                    | 20:20  | 23:34                               |

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 National Interstate 1 Mile will feature:

- Self-serve water station available at the Start Line just west of the corrals
- Water and sports drink will be available immediately after crossing the finish line
- Aid Tent at the Finish Line
- Misting Station at the Finisher Festival.
- Self-serve water station available at the Finisher Festival Info Booth

The National Interstate 8k will feature:

- Self-serve water station available at the Start Line just west of the corrals
- Two fluid stations along the racecourse equipped with water and Gatorade at Mile 1.6 and 2.9
- Misting Station at Mile 2.7
- Water and sports drink will be available immediately after crossing the finish line
- Aid Tent at the Finish Line
- Misting Station at the Finisher Festival

- Self-serve water station available at the Finisher Festival Info Booth

The best sources for information about the status of the race are:

- Akron Marathon email & text message updates
- Akron Marathon Race Series app (be sure to accept push notifications)
- [Facebook](#) / [Instagram](#)
- Information Booths located at the JAR Arena & the Finish Line
- Event Alert Signs at Start & Finish Lines
- Public Address System at Start & Finish Lines

Best wishes to all participants for a safe and successful race and a big THANK YOU to all volunteers!

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