



Twin Cities In Motion's primary concern is health and safety. Temperatures are expected to be very cold at the upcoming event. Please use caution when preparing for a cold race day.

TCM offers these tips to prepare for running in cold temperatures:

The day before the race:

- Pick up your packet in advance of race day to limit the amount of time you are outdoors on race morning.
- Keep yourself warm by avoiding prolonged exposure to cold.
- Stay hydrated by drinking water to match thirst throughout the day.
- Be mindful of things that cause dehydration: caffeine, alcohol, medications.
- Drink a glass of water before going to bed.

The morning of the race:

- Dress in layers! Be sure to wear warm socks, mittens, facemasks or scarves, hats, etc. and minimize exposed skin. The base layer should wick moisture away from your skin and the outer layer should be windproof. Frostbite can occur quickly.
- Drink warm liquids.
- Be ready to start on time so race volunteers aren't working in the cold longer than necessary.
- Take advantage of gear check to bring extra layers for pre- or post-race. There may be no public indoor warming area at the race venue.
- Familiarize yourself with the Event Alert System (EAS) flag colors which indicate risk levels during the event.

During the race:

- Lower expectations: your "race pace" will be slowed by cold temperatures.
- Monitor the Event Alert System (EAS) flag colors during the race.
- Watch your footing and use caution when walking or running in icy and snowy conditions.
- If you are feeling cold, your muscles aren't working right or if you feel slowed down or confused, you might be developing hypothermia. Get into a warm, dry, sheltered area. Change your clothes if they are wet. Seek medical attention.
- If your fingers, toes, or nose are cold, gray or white and don't become pink 2-3 seconds after you push on them, you might be developing frostbite. If this is the case, don't rub your skin. It can cause more skin damage. Get into a warm place and slowly warm the cold area. Seek medical attention if your symptoms persist.