



Twin Cities In Motion's primary concern is the health and safety of its participants. Temperatures and humidity are expected to be high for Wednesday's Red, White & Boom! TC Half Marathon, Relay & 5K. Please use caution when preparing for the event.

TCM's medical team offers this advice to prepare for running in high heat and humidity:

- *The days before the race:*
 - Keep yourself cool by avoiding prolonged exposure to heat
 - 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 light-weight fabrics that wick away sweat
 - Avoid wearing dark colors that absorb heat
 - Drink enough fluid to keep your urine light yellow in color -- like lemonade
 - Consider sitting out the race if you feel that you're not well trained, not heat acclimated, feel ill, or are recovering from a recent illness
 - 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 heat and humidity
 - Run by perceived effort rather than mile splits
 - Monitor the Event Alert System (EAS) flag colors during the race, flags will be posted at the start line and each fluid station along the course
 - Make getting to the finish running strong your main goal
 - Use the water stops to drink fluids and pour water on yourself
 - Monitor your physical well-being and be prepared to slow down or stop running if necessary