

EVENT ALERT SYSTEM (EAS)

FLAG COLOR	EVENT CONDITIONS	RECOMMENDED ACTIONS
BLACK	EVENT CANCELED EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED Follow event official instructions.
RED	EXTREME CAUTION POTENTIALLY DANGEROUS CONDITIONS	SLOW PACE : CONSIDER NOT PARTICIPATING Observe course changes and follow event official instructions. Drink extra fluids if you are thirsty or sweating heavily. Those with previous heat stress problems or heart disease should not start.
YELLOW	CAUTION LESS THAN IDEAL CONDITIONS	SLOW PACE : BE PREPARED FOR WORSENING CONDITIONS Those with previous heat stress problems or heart disease consider not starting.
GREEN	LOW RISK GOOD CONDITIONS	ENJOY THE EVENT Risk of heat stress is low, but be watchful for symptoms or changing conditions. Be alert.
WHITE (cold weather events only)	RISK OF HYPOTHERMIA	BE PREPARED FOR UNPLEASANT OR WORSENING CONDITIONS Consider stopping and finding warm shelter. Dress for cooler conditions. Take precautions if raining.