

MILWAUKEE
LAKEFRONT
MARATHON



LAKEFRONT MARATHON RACE DAY CANCELLATION / MODIFICATION POLICY

While we realize that each of the participants has made a tremendous commitment, the primary goal of the Lakefront Marathon is to ensure a safe event for everyone. Therefore, the race staff will make decisions about the race cancellations/modifications based on the safety of all that are involved - this includes the participants, the volunteers, the spectators and the host communities.

Specifically, the race staff reserves the right to cancel or to modify the race if deemed necessary to protect the participants, the volunteers, the spectators or the host community. These conditions will be recognized as unforeseeable acts. Since the staging of the race results in substantial up-front expenses regardless of whether or not the race is completed, cancellation or modification of the race will not result in the refunding of race entry fees or future race credits.

Severe weather conditions include:

- Thunderstorms or lightning
- Extreme heat & humidity
- High winds
- Extreme cold temperature
- Heavy rain, sleet or snow

Before the Event

If severe weather conditions exist prior to the event, please listen to FM 91.7 WMSE. In addition, information will be posted on the Lakefront Marathon site (<http://www.badgerlandstriders.org/lfm/index.html>).

During the Event

Since the weather can change during the course of the event a flag system will be used to communicate weather status. These flags will be placed at the aid stations.

Green Flag – low risk conditions

Fair weather through light/moderate precipitation

Examples:

- Forecast or observed thunderstorm or lightning greater than 30 miles from course

- Light to moderate rain or drizzle
- Temperatures above 32°F
- Sleet or snow not forecast to create slippery conditions

Yellow Flag –risky conditions – proceed with caution

Severe cold or excessive heat. Strong winds, heavy precipitation – potential for making significant portions of course hazardous

Examples:

- Forecast or observed thunderstorm, lightning or hail within 12 to 30 miles of course or forecast to move within 12 miles within 45 minutes
- Forecast or observed winds from 35-45 mph
- Fog or reduced visibility below ¼ mile
- Temperatures below 32°F or wind chill below 10°F
- Sleet or snow forecast to create slippery conditions over a significant portion of the course
- Heat index at or above 90°F

Participants may continue with the event, but should be aware of potential for deteriorating weather conditions and check the alert condition at the next aid station.

Red Flag – dangerous conditions – stop racing

Extreme weather conditions – make exercise dangerous.

Examples:

- Forecast or observed thunderstorm, lightning or hail within 12 miles of course or forecast to move within 12 miles within 30 minutes
- Forecast or observed winds greater than 45 mph
- Wind chill below -10°F
- Heat index at or above 105°F

All non-elite runners should stop running and follow the instructions of the race volunteers on seeking shelter or how to be transported to the finish line. We will be timing the race, but no age group awards will be presented.

Black Flag – extremely dangerous conditions – all runners including elite runners must stop & seek shelter.

Severe weather warnings issues by the National Weather Service including imminent thunderstorm, flooding, and tornados. In general any life-threatening condition will initiate a black flag alert.

Examples:

- Forecast or observed thunderstorm, lightning or hail within 12 miles of course or forecast to move within 12 miles within 30 minutes
- Wind chill below -10°F
- Heat index at or above 105°F

Participants, volunteers, and spectators should seek shelter immediately in the nearest shelter. No times will be recorded or published from a race in these conditions.

Guidelines for Race Director Announcements

Yellow Flag Conditions The race director will issue the following statement:

The course is now under yellow flag status. Runners should proceed with caution and be alert for changing weather conditions.

Red Flag Conditions - The race director will issue the following statement:

The course is now under red flag status. The course is considered closed (to all non-elite runners). Proceeding along the course is considered unsafe at this time. Runners who proceed do so at their own risk. Please follow the directions of the course volunteers.

If the severe weather subsides and we are able to continue the event, it will be completed as an untimed “fun run” (for non-elite runners).

Black Flag Conditions - The race director will issue the following statement:

The course is now under black flag status. Runners are advised to seek shelter. Proceeding along the course is considered unsafe at this time. Runners who proceed do so at their own risk and will be unsupported since race volunteers are being sent to safety. All timing will stop and no results will be recorded for any runners.

If the severe weather subsides and we are able to continue the event, it will be completed as an untimed “fun run.”

Tools for Medical Director

Wet Bulb Globe Temperature (WBGT) Chart

WBGT Range	Flag	Risk	Recommendations for Race	Recommendations for Participant
> 82°F (28°C)	Black	Extreme	Cancel race	Do not run
> 73 - 82°F (> 23 - 28°C)	Red	High	Consider shortening race or altering course	Slow pace; heat sensitive should not run
> 65 - 73°F (> 18 - 23°C)	Yellow	Moderate	Ensure adequate fluids & cooling	Slow pace as heat increases
> 50 - 65°F (> 10 - 18°C)	Green	Low	None	None
< 50°F (<10°C)	White	Variable	Warming stations; Shorten race in wet & windy conditions. Consider cancellation if conditions are severe	Slow runners beware; stay dry; protect head and hands

Dew points

60s – Moderate risk

70s – High risk

80s – Extreme risk

Ambient temperature + relative humidity

If > 160 – high risk

Military WBGT Guide (IAAF recommends for elite athletes)

78°F/26°C Caution for heat stroke

82/28 Discretion for unseasoned troops – no heavy exercise

85/30 Suspend exercise if < 3 weeks hot weather training

88/31 Curtail exercise if < 12 weeks hot weather training

90/32 Suspend all training and exercise