



Subject: Essentia Health Fargo Marathon Race Weekend Update: Warm Weather Preparations

Hi Fargo Marathon Participants,

As we look ahead to race weekend, we want to share an update on the forecast and how we're preparing to support you.

We have been actively monitoring conditions and working closely with the National Weather Service, City of Fargo Emergency Management, and our medical partners. At this time, all events are planned to proceed as scheduled.

Event Conditions & Event Alert System

We utilize the **Event Alert System (EAS)** to guide race operations and participant communication:

- **Friday (Youth Run & Mark Knutson 5K):** Anticipated **Yellow (Moderate)** conditions
- **Saturday (Marathon, Half Marathon, 10K):** Expected to start at **Green (Low)** conditions and transition to **Yellow (Moderate)** mid-morning as temperatures rise

You'll see EAS flags and signage throughout race weekend, and updates will be communicated on-course and via official channels, **including on our website:**

[https://fargomarathon.com/event-details/#eventalertsystem.](https://fargomarathon.com/event-details/#eventalertsystem)

Our Heat Preparedness Plan

The safety and well-being of our participants, volunteers and staff is our top priority. In response to the warmer forecast, we are implementing a comprehensive heat plan including:

- Increased **water availability** at all aid stations
- **Ice and cooling resources** at medical tents
- **Misting stations** will be located on course and in the finish area
- Continued evaluation of conditions with local officials and medical teams



Runner Tips: Preparing for Warm Weather

We strongly encourage all participants to adjust their race-day plan based on conditions:

Pre-Race Preparation

- Choose light-colored, breathable clothing
- Consider wearing a hat or visor and using sunscreen
- Plan ahead for post-race recovery (fluids, shade, nutrition)

Hydration & Fueling

- Begin hydrating in the days leading up to the race, not just race morning
- Drink to stay ahead of thirst, and take advantage of every aid station
- Use electrolytes to help maintain balance, especially for longer distances

Race Execution

- Adjust your pace — warm weather can significantly impact performance
- Listen to your body and don't hesitate to slow down or stop if needed
- Take advantage of cooling opportunities (sponges, misting, ice)

Understanding EAS & Wet Bulb Globe Temperature (WBGT)

The Event Alert System is based on a measurement called **Wet Bulb Globe Temperature (WBGT)**.

In simple terms, WBGT looks at more than just the air temperature—it combines:

- Temperature
- Humidity
- Sun exposure
- Wind

This provides a more accurate picture of how hot it actually feels to your body. As WBGT rises, the risk of heat-related stress increases, which is why EAS levels may change throughout the race morning.



We will continue to monitor conditions and make adjustments as needed throughout the weekend. Please stay connected to official race communications and follow guidance from course staff and volunteers.

Thank you for being part of Essentia Fargo Marathon weekend—we're looking forward to a safe and successful event.

Best of luck,

Fargo Marathon Team