



## IMT Des Moines Marathon Weather Flag System

In any long distance running or endurance event the weather plays a critical role in performance and safety. The temperature is not the only factor that impacts your body during exercise. Humidity, solar radiation, and wind combined with temperature create unique circumstances that require each athlete to monitor themselves and take appropriate precautions.

The IMT Des Moines Marathon has adopted the Wet Bulb Globe Temperature Index as a method to measure the impact the total environment has on our athletes. Race officials will be using flags of specific colors to communicate the current weather conditions on race day and during the race. The specific flag will be displayed at Mercy Medical Center First Aid Stations located at Nollen Plaza, Drake University, Water Works Park and Gray's Lake Park.

### **White Flag**

No Risk. Continue to run (or walk) your race with normal hydration.

### **Green Flag**

Low Risk. Pay attention to your body and be sure you are properly hydrating.

### **Yellow Flag**

Medium Risk. You may begin to feel the effects of the warmth. Hydration is more important and you should pay attention to your sweat rate.

### **Red Flag**

High Risk. Slow Down and pay close attention to fluid intake. Stay with other people and talk. Make sure those around you are talking sensibly. If you or someone else starts sweating less (or stops sweating) stop and get help.

### **Black Flag**

Danger. The race officials will stop the race and you will be informed where to go to be transported back to the finish area.



Pay attention to the specific flag color displayed at the Mercy Medical First Aid Stations and adjust your hydration and pace accordingly and you should have a safe and enjoyable day.

The IMT Des Moines Marathon will provide Crystal Clear Bottled Water and Endurance Formula Gatorade at each aid station on the course and at the finish at Nollen Plaza. For a detailed course map with aid station locations, visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).

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