

Event Alert System – CARA Ready to Run 20 Miler

The primary goal of the CARA Ready to Run 20 Miler is to operate a safe event for everyone involved. While the event recognizes the aspirations and commitment of its participants, there may be circumstances where it is deemed unsafe to proceed with the run as planned. In addition to participant safety, considerations to alter or cancel the event will be based on other factors, such as potential adverse impact on local residents and the capacity of municipal agencies and healthcare systems.

The Medical Director and Race Director reserve the right to cancel or alter the run to avoid exposing participants and the community to undue risks that might result from staging the event under potentially hazardous conditions. Circumstances that could prompt the cancellation, alteration or postponement of the event are not always foreseeable, but include inclement weather or the threat of inclement weather (e.g. tornados, lightning, high heat or icy conditions), acts of terrorism or civil unrest or the threat of terrorism or civil unrest, and similar circumstances beyond the control of event officials.





In hot and/or humid conditions, the Medical Director will consider the local heat stress index (HSI), as described by the American College of Sports Medicine (ACSM), and may decide to cancel or alter the run for all participants. In cold conditions, the Medical Director will consider the threat of hypothermia, frostbite, snow and/or ice, and may decide to cancel or alter the run for all participants.

Prior to the event, the Medical Director will institute the Event Alert System (see graphic below), which will describe event day conditions and notify participants accordingly. The Race Director will implement any course modifications based on event day conditions. In the event of a mid-event cancellation (Black Flag conditions), course officials wearing fluorescent green "emergency alert" vests, will direct participants to evacuate the course. All participants must cooperate with directives administered during the run by event and city officials and immediately make arrangements to take shelter.

To the extent possible, notifications about weather conditions, event postponement, course adjustments and event cancellation will be communicated via the following channels: Chicago Area Runners Association Web site, e-mail notifications, on-course signage and flags, and public address announcements.

Please also note, there will be medical personnel at each aid station along the course.

Please note the color-coded Event Alert System below:

FLAG	ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
	EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
	HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING
	MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
	LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

Flag colors are : Black, Red, Yellow, and Green which correspond to: Extreme, High, Moderate, and Low.

Event conditions resulting in race cancellation, course alteration or participant withdrawal will not warrant the refunding of race entry fees or granting of future race credits.

Regardless of event day conditions, all participants should be discerning of their own fitness level. The Chicago Area Runners Association expects that each participant assume personal responsibility upon entering the event and understand the inherent risk that outdoor endurance running presents.