

Good evening Big Bad Wolfe participant,

This is a very important email for everyone in this event, please read everything to be sure you're aware of all updates to the 2017 Big Bad Wolfe Run.

The forecast for Sunday getting warmer by the day, and we have been working diligently behind the scenes to ensure that we are doing all we can to put on a safe event for everyone. Currently, Sunday is calling for near record high temperatures as the day progresses. In order to ensure that we are providing the safest possible environment for all participants, please note the following changes to the event:

- **20 Miler** – this event will still be held. But instead of one 10-mile trip north and a 10-mile return trip south to the finish, it will now be two 5-mile out-and-back runs on the same course. You will turn around with all 10 Miler participants at mile 5, return to a turnaround near the race finish, and then head out for another 10 mile run on the same course (again turning around at the mile 5 spot to return for your 20-mile finish). If you decide not to continue after your first lap, you may finish at mile 10 and will be credited with a finish for the Big Bad Wolfe 10 Miler and awarded your medal.
- **10 Miler** – this event will still be held. No course changes will be made, but with the 20 Miler changes noted above you may experience some of the faster 20 Miler runners returning as two-way traffic “against your path” on your return trip. As always in an out-and-back run, stay to the right of pathways and roads for the duration and all will be good.
- **Aid stations** – we will be adding two additional aid stations on the existing 5-mile course. 10 Miler participants will now have ten (10) on-course aid stations (miles 1.2, 2, 3, 3.8, 4.6, 5.4, 6.2, 7, 8, and 8.8). 20 Miler participants will now have twenty one (21) on-course aid stations (miles 1.2, 2, 3, 3.8, 4.6, 5.4, 6.2, 7, 8, 8.8, 10, 11.2, 12, 13, 13.8, 14.6, 15.4, 16.2, 17, 18, and 18.8). Aid stations will be well stocked with water and SWORD as already noted, and will have some ice on hand for injuries or emergency cooling.

Why did we make this change to the 20 Miler course?

This decision was not made hastily or without consultation with our medical team and local public safety departments. The safety of all participants, volunteers, and staff is our primary consideration. Our main concern is the higher likelihood of various types of exertional hyperthermia, or heat illness, in the conditions anticipated on Sunday.

There are sections of the original 20 Miler course that had less capability for hosting additional aid stations (necessary in the anticipated conditions). Not having regular access to fluids and volunteers is not an option. We are now able to condense our medical team to a smaller area

and enable them to have less distance to cover as well as see participants more times (20 Milers, you'll now see Orthopedic ONE staffers 16 times on your trek, compared to the 8 opportunities under the old model). The new double 5-mile out-and-back also retains the portions of the course with the best tree canopy coverage providing the shadiest possible conditions. There will still be some sun, but considerably less than on the original 20 Miler course.

How 20 Miler participants should navigate the turnaround near the start/finish area (mile 10)

There will be a small cadre of volunteers about 100 yards before the finish, directing all 10 Miler participants LEFT toward the finish and 20 Miler participants RIGHT to their turnaround. If you decide not to continue after this first lap, you may head left to the finish and will be credited with a Big Bad Wolfe 10 Miler finish and awarded your medal.

If you are going to continue to do the full 20 miler, STAY TO THE RIGHT as directed and proceed around the cones. From there, run the course again as you already have. When you return to the finish area a second time, use the left turn to finish and complete your 20-mile run.

Will the time limit (maximum 13:45/mi) still be enforced for the 20 Miler?

Yes. Any participant returning to the aforementioned 10-mile / 20-mile split after 10:17AM will be directed to the finish line and will receive credit for the Big Bad Wolfe 10 Miler and awarded their medal.

Is there anything else I can do to keep myself safe?

In short: hydrate properly on Saturday and then run smart and safe on Sunday. As it's hotter, be prepared to slow down. If a short or extended walk break feels like it would be appropriate, please be comfortable in taking one. No one will be setting world records on Sunday morning, listen to your body and use your brain to ensure you stay healthy. We want to see each and every one of you at the finish line on your own two feet.

Orthopedic ONE is our medical team for the Big Bad Wolfe Run

In addition to the medical crew at the finish line, there will be 4 mobile medical units on the course. These individuals are trained in sports medicine, and in addition to all of the usual things they'll be looking out for they will also be assessing all participants for signs of heat illness. To further ensure your safety, race staff & medical personnel reserve the right to remove participants who shows signs or indications that it is not safe to continue.

Finally, weather conditions will be monitored from the start/finish line with a variety of methods including a wet bulb globe temperature (WBGT) thermometer. The WBGT is an index

that takes into account heat (dry bulb), humidity (wet bulb), and the ambient temperature (black bulb, which factors in additional variables such as reflected heat and wind). All race staff and medical personnel will be in contact and internally using the yellow, red, and black flag guidelines provided by the American College of Sports Medicine for Road Race Management race directors as outlined here: <http://www.rrm.com/Newsarchives/archive11/11heat.htm>

To summarize: your safety is our priority. All stated changes will be implemented with the goal of providing the best environment for your Big Bad Wolfe Run experience. We look forward to seeing you on Sunday.

Sincerely,

Andy Harris – Race Director, Big Bad Wolfe Run