



## **Cupid Shuffle – 2021 Urgent Weather Update**

Hello,

Due to the extreme cold forecasted for the Cupid Shuffle this weekend the following changes are being made to the event in the interest of participant, staff, and volunteer safety:

### **Cancellation of the 10k race**

All participants currently registered will be **automatically** transferred into the 5k. No further action is required on your part.

### **Extended opportunity to transfer into the Virtual Cupid Shuffle**

If you do not wish to participate in the 5k this Sunday, you may transfer to the virtual event at packet pick-up. Both shirts and medals will be available for those that choose to do so.

Packet pick-up times and locations are:

- Saturday, February 13<sup>th</sup>, 10:00am – 2:00pm  
Performance Running Outfitters – Brookfield  
2205 N Calhoun Road  
Brookfield, WI 53005
- Sunday, February 14<sup>th</sup>, 7:30am – 9:30am  
Chandelier Ballroom  
150 Jefferson Ave  
Hartford, WI 53027

### **Limited event set up**

We will still have timing mats and a finish arch set up for you but in order to minimize the amount of time our staff are exposed to the weather prepare for a little different look from the rest of the series!

### **No volunteers on course**

As a reminder, there will be no volunteers on the course. The course will still be coned and signed but it is the athlete's responsibility to know the course ahead of time.

**No aid stations**

With the removal of the 10k race there will be no aid stations on the course due to concerns of our ability to provide liquid water. Water will still be available at the finish line but please come hydrated or with your own water before the race!

**Modified event start**

In addition to the rolling event start of 2 participants every 10 seconds, we also ask that you wait in your car until you are ready to start. To minimize athlete's exposure to the cold please reference this table for your approximate start window. Gear check will be available as a self-serve option if you choose to use it.

<b>Start Window</b>	<b>Expected Min/Mile Pace</b>
9:00am – 9:02am	7:00 and faster
9:03am – 9:06am	7:01 – 8:00
9:07am – 9:10am	8:01 – 9:00
9:11am – 9:14am	9:01 – 10:00
9:15am – 9:18am	10:01 – 11:00
9:19am – 9:22am	11:01 – 12:00
9:23am – 9:26am	12:01 – 13:00
9:27am – 9:30am	13:01 and slower

**Continued monitoring**

As conditions and weather continue to change we will continue to weigh any and all options. Any further updates will be communicated as soon as we can.

**Cold weather advisories**

Please reference the last pages of this update for cold weather hazards to be alert for and recommendations for how to combat these, as seen in the earlier Race Week Update.

Thank you all again for participating and working with us as we strive to provide you with events in the safest way possible! We hope to see you this weekend!

## **COLD WEATHER NOTICE**

The Winter Run Series is a series of participation-oriented series of events. Our participants range from beginners to experienced, from those seeking a pleasant morning run to those looking to continue to push themselves.

We do not cancel unless it is extremely cold, although there are variances for wind speed and direction, sunshine, and projected warming through the morning. We are continually monitoring the weather and will update participants if race plans change.

We know there are many who would run under extremely cold conditions, but we also must watch out for everyone's safety, including that of our volunteers and staff. We also know there are many who have no interest in below zero temperatures! It is a balancing act. Everyone must decide whether they are accepting of conditions on the day – both in terms of enjoying the experience and of being prepared physically and clothing-wise for the conditions. Even though the event is proceeding at cold temperatures, if you are not prepared it is likely best if you choose discretion over valor.

### **Cold Weather Hazards**

- Frostbite – freezing of both the skin and the underlying tissues; leaving one prone to short – long-term damage and increased likelihood of refreezing the area on future outings. Frostbite may affect more exposed areas such as your face but can also affect toes and fingers under cover.
- Windchill – increased convective heat loss due to wind. Windchill can also reduce the effective insulative value of clothing as cold air currents penetrate deeper.
- Motion-related Convection Heat Loss – increase in convective heat loss due to the runner moving through the air. It can combine with windchill if running into the wind.
- Hypothermia – cooling of the body's core temperature caused by extended exposure to cold temperatures, windchill and convective heat loss, fatigue, dehydration and insufficient insulative value of clothing. Wet clothes, such as through sweat, decrease the insulative value of clothing.
- Dehydration – decline in fluid level in the body. Dehydration increases the potential for frostbite, hypothermia, and exhaustion. Due to the low temperatures and COVID precautions we are unable to provide unfrozen water at a mid-course aid station, please come prepared.
- Exercise-induced Asthma – a narrowing of the airways caused by exercise exacerbated by breathing cold, dry air through the mouth. Once affected, it is often a permanent condition in the individual.
- Clothing Limitations – For example, scarves or buffs absorb moisture from the runner's breath and in very cold temperatures, if they are pulled down for even a couple of minutes, they can freeze and be unusable for the rest of the outing. This leaves the runner's face exposed to the risk of frostbite and exercise-induced asthma as there is no warming layer before the cold air is breathed in.

## Recommendations

- First and foremost, be self-critical of your underlying health, level of fitness and your equipment and run only if you are comfortable on all counts. Cold days are usually tougher and make for slower running.
- Dress for the cold. Everybody has their favorite materials, but the principle is the same - wick moisture away from your body and out through the layers to the exterior, while having insulating layers to retain heat and an outer breathable shell to break the wind. Wet clothes are not desired as they conduct heat away from your body. As a Wisconsin runner we expect you are familiar with layering – the layer closest to you wicking moisture away from your skin (wool or synthetics such as polypropylene), one or more insulating layers (wool or synthetic fleece etc.) and an outer breathable wind break layer. Jackets and pants for cross country skiing often have wind protection in the front and are more breathable in the back. Due to the wide range of products – check with a knowledgeable outdoor expert or on the web for the best products.
- Mittens are usually warmer than gloves. Ensure they breathe as wet ones get very cold. Use the same principle of wicking moisture to the exterior, insulation and external wind protection in your choice of mitt or glove. Mittens or gloves extending over your wrists helps keep your hands warm.
- Use a face mask or scarf and cover as much of your face as possible. Bring a spare one as they can accumulate ice. Synthetics work well. Use petroleum jelly to protect areas you can't cover. Covering is far preferable to jelly.