



Wednesday, January 3rd update as of 2:30PM.....

Thank you for registering for the 2018 Winter Warrior Half Marathon & Relay that takes place this Saturday, January 6th. We want to address some concerns over the weather forecast which shows a high of 3 degrees. Runner safety is of utmost importance so we made some adjustments to the event. We also included important information on having a safe & successful race. So please read this entire email thoroughly so you are well informed of the adjustments and so you are most prepared for Saturday.

We would like to point out that we are trying to balance everyone's needs and concerns, and realize that this may not be the perfect solution for everybody. Postponing the event is not logistically possible as all permits and event sanctions are for a single designated day and we would not be able to guarantee those being given for a future date. Canceling is the last thing we'd want to do as we'd rather everyone get to partake in a partial distance of their choosing then no distance at all. We have tried to balance everyone's needs from the experienced runner to the novice, from the volunteers, police and medical teams to our own employees who will be outside all day producing the event.

We feel these adjustments will allow everyone to still partake in this fun event and to get outside for a distance of their choosing to enjoy our Western NY winter. ***For those registered for Winter Warrior Solo Half or Relay please read below for your options. Please be sure to read all information as there is a lot to go over.***

HALF MARATHON SOLO RUNNERS OPTIONS

All **solo runners** will have the option of completing 1 of 4 different distances based on their comfort level for completing the event.

OPTION 1: 1 Loop of the Course (slightly longer than a 5k)

- This category will be scored as its own event but with no awards
 - All results will be listed on yellowjacketracing.com as its own standalone event (Winter Warrior 5k-ish)
- Runners/walkers will still earn the Winter Warrior Finisher medal
- Runners/walkers in the 4 Season Challenge will still earn their 4SC medal
 - Runners/walkers choosing this category will not be eligible for season ending 4SC awards but will still be recognized for completing 4 events
- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

OPTION 2: 2 Loops of the Course (slightly longer than 10.5k)

- This category will be scored as its own event but with no awards
 - All results will be listed on yellowjacketracing.com as its own standalone event (Winter Warrior Quarter Marathon)
- Runners/walkers will still earn the Winter Warrior Finisher medal
- Runners/walkers in the 4 Season Challenge will still earn their 4SC medal
 - Runners/walkers choosing this category will not be eligible for season ending 4SC awards but will still be recognized for completing 4 events

- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

OPTION 3: 3 Loops of the Course (slightly longer than 15k)

- This category will be scored as its own event but with no awards
 - All results will be listed on yellowjacketracing.com as its own standalone event (Winter Warrior 15k-ish)
- Runners/walkers will still earn the Winter Warrior Finisher medal
- Runners/walkers in the 4 Season Challenge will still earn their 4SC medal
 - Runners/walkers choosing this category will not be eligible for season ending 4SC awards but will still be recognized for completing 4 events
- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

OPTION 4: 4 Loops of the Course (the full 13.1 mile course)

- This category will be scored as its own event with the original full list of awards
 - The full amount of cash prizes will be paid out to overall winners
 - All results will be listed on yellowjacketracing.com as its own standalone event (Winter Warrior Half Marathon)
- Runners/walkers will still earn the Winter Warrior Finisher medal
- Runners/walkers in the 4 Season Challenge will still earn their 4SC medal
 - Runners/walkers choosing this category will still be eligible for end of season 4SC awards
- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

****Important****

- No changes to your category will be allowed after the deadline. Our timing crew has to focus on timing and scoring 4 races at the same time so they cannot be changing categories of participants while the event is taking place. This means that if you sign up for a multiple loop category and choose to stop early, you will be in the official results for that category as a DNF with results showing the loops and time you did complete, but you can still get the medal at the finish, including the 4SC medal if in that series. So don't worry, just be smart and do what's best for you.

What you need to do to change your category for SOLO HALF MARATHON:

- **Deadline for declaring your SOLO HALF MARATHON category is 12:00 NOON on Saturday 1/6/18**
- If you plan to take option 4 and run the full 13.1 you don't need to do anything, you are all set.
- If you choose to change to Options 1, 2, or 3 you can make those changes in runsignup.com. Here are the instructions from RSU on how to transfer:
 - Sign In to RunSignUp: <https://runsignup.com/Login>
 - Go to your **Profile**
 - Click **My Registered Races**
 - Click **Manage Registration** next to the registration that you would like to transfer your event for
 - Click the **Transfer Event** menu item
 - Click the **Start Transfer** button
 - Select your new Event from the Event Drop-Down
 - Agree to the Waiver and click **Continue**
 - If you need any assistance with changing your category contact nate@yellowjacketracing.com

RELAY TEAM OPTIONS

All **2 or 4 person team relays** will have the option of completing 1 of 2 different distances based on their comfort level for completing the event. *For the relay, all team members must be in agreement with which of the options they are choosing.*

OPTION 1: All relay team members switch to the 1 Loop option as described under the SOLO HALF MARATHON Category. Meaning the relay team will be dissolved and each team member will run the first lap of the race as a solo 5K.

- All members will receive individual bibs and will start at 4 PM
- All members will still receive the Winter Warrior Finisher medal
- All members will be scored with those who switched to this distance from the half marathon, but no awards will be given
- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

OPTION 2: Participate in and complete the relay as registered. 4 person team completes one lap each consecutively and exchanging timing chips after the prior team member completes their lap. 2 person teams can decide how many laps each member does but will exchange timing chips after the prior member completes their lap(s). Basically as the relay is originally described.

- This category will be scored as its own event with the original full list of awards
 - The prizes will be awarded to winning teams as indicated on Winter Warrior Website
 - All results will be listed on yellowjacketracing.com as its own standalone event (Winter Warrior Relay)
- Runners/walkers will still earn the Winter Warrior Finisher medal
- Runners/walkers in the Fleet Feet Sports Winter Warrior Training Program who finish will earn their allocated points regardless which option they choose.

What you need to do to change your category for RELAY HALF MARATHON:

- **Deadline for Declaring your relay Team Change - Any team selecting OPTION 1 must email nate@yellowjacketracing.com by 6AM on Friday, January 5th.** If you are switching, please attend Packet Pickup on Friday 1/5/18 to ensure we have had time to process your registration changes. The reason why Relays have to do it by email is because the system is set up differently for relays than solo and to ensure accuracy of placement, emailing Nate is the solution to communicate your change choice.
- **No changes will be made to the relay category after the deadline**
- If you plan to take option 2 and run the full 13.1 as a originally described for a relay you don't need to do anything, you are all set.
- We advise Relay Teams to park close to the relay exchange area so team members can stay in a warm heated vehicle while their teammate runs/walks
 - The Relay exchange area is located close to the south west corner of the main parking area just past the start/finish line
- We have worked with our tent provider and will be adding an additional 10x10 heated tent near the Relay exchange area for team members to wait for their next runner. Keep in mind its 10X10, but it is heated. The building owner has also allowed us access to the lobby area to warm up. This will be a secured area and only for warming up. There is also the larger heated tents as well, but these are not next to the relay exchange.

Other information you need to know to have a successful & safe race:

- Pre-Race Packet Pick Up
 - It is highly advised that you come to pre-race packet pick up if you can so our staff can double check your distance category to ensure it is the one you prefer to be in

- If you can only pick up on race day don't worry we will still double check everything at that time
- The course will be lit, but headlamps are strongly recommended!!
- What to wear on your feet for traction
 - While we will still do a couple of course checks leading up to the race and will report current conditions throughout the week I advise coming prepared for anything and everything
 - Road Salt does not work well at 3 degrees so any snow/ice on the road will not be able to be melted
 - Studs, stabilicers and Yak Trax could come in handy
- How to dress to be warm-ish
 - Layers are the key
 - First layer is the essential one as it moves moisture off your body, Craft, Helly Hansen, Kari Traa and Smartwool are the best options for moving moisture
 - Middle layer is for warmth. Something with a slightly fleeced backing helps trap warm air that you generate while running/walking
 - Outer layer is for blocking wind and retaining heat, at these temps fairly heavy is a good choice. Heck an 800 Fill ultrathin down jacket would work well
 - Legs – again a good baselayer to start. Smartwool and Kari Traa boxer briefs and a heavy, fleeced tight such as the Craft Storm Pant
 - Socks – be careful about adding too thick of a sock as it can reduce circulation in your feet making them colder. Merino Wool is awesome, Smartwool and Darn Tough Vermont
 - Crew height comes in handy as it covers any exposed ankle, heck over the calf will add warmth to your entire lower leg
 - Adding warmth for your feet. Put some duct tape over the tops of your shoes after lacing them up to cover the mesh over your toes
 - Hands – mitts are warmer than gloves. A thin liner glove such as Smartwool inside a mitt is even warmer. Chemical warmers inside mitts work wonders as well
 - If your hands typically get cold easily wear ski gloves, they won't slow you down
 - Keeping some fresh chemical warmers in your pocket is a good idea as well to add some nice new warmth mid-way
 - A warm hat, maybe slightly warmer than you normally wear to run is a good choice (kind of like the Winter Warrior Hat)
 - If you sweat a lot tuck a second hat in your waistband a swap out to a dry hat at half way
 - A Buff around your neck keeps the drafts out and can be pulled up over your mouth
 - A balaclava aka a facemask keeps the whole head and face warm, just don't wear it into a bank
 - Clear lenses in sunglasses or even ski goggles are a good choice to protect the eyes
 - If you have some exposed skin on your face a thin layer of Vaseline or Aquaphor works well
 - As soon as you cross the finish line go get dry clothes on, this is hugely important. Get food and drink after getting dry clothes on. Change everything and put on a big heavy jacket, boots and hat.
- Your phone will die on you at these temps so keep it close to the body so it stays warm.
 - So will your Bluetooth headphones so leave those at home
- If you have friends/family coming to support you have them dress like they are going to a Bills game in Orchard Park in January (minus the breaking tables part)
 - Have them meet you when you cross the finish line with a big warm jacket
- Water bottles will probably freeze. Keep them as close to your person as possible. If possible, keep the bottle in your pocket, keep hoses in your jacket and regularly exhale into the hose to help clear it.

Please let us know if you have any questions. See you at the finish line!