

# EXETER 10K HOT WEATHER ADVICE

## Instructions to Runners

Hot weather race advice – in the event of hot weather it is very important that you adjust your plans for race day.

1. **Adapt your goal according to the conditions.** Slow your planned pace. If you were planning to run in fancy dress, please think carefully whether that is still appropriate in the conditions.
2. **Listen to your body.** If you feel thirsty, drink water. If you feel overly tired, slow down. If you feel unwell in any way, visit one of the aid stations on the course.
3. **Wear the appropriate clothing.** This should ideally be lightweight moisture management clothing designed for use in warmer conditions (but remember that new clothing can chafe if it hasn't been worn and washed).
4. **Drink according to your thirst.** There is water stations available on the route at approximately 5km and 9km.
5. **One cup only at each water station.** Please do not take more than one water bottle or compostable cup at any water station. There is plenty of water for everyone if you only take one.
6. **Drink, Douse, Drain, Drop.** When you take water, Drink if you feel thirsty. Douse your head and the back of your neck with the remaining water. If you don't need all the water, check if your fellow runners would like it to douse themselves.