

Press Release
Ironwood, MI
Jan 2, 2018



SISU Ski Fest Cold Weather Advisory

At this time the SISU Ski Fest is planning on holding the event this weekend while preparing for very cold temperatures.

Current weather forecasts call for cold temperatures on Saturday, race day. Current forecasts are for -7 at 9am and highs of +6 at 2pm.

SISU Ski Fest Cold Weather Policy states:

- The races will be cancelled if the high for the day is -5F or colder.
- The races will be postponed 1.5 hours if the high at the starting time (8:50am) is forecast to be -10F.

Current forecasts are within the policy for running the race. However, it is possible we will delay the start by an hour or two. We will take into consideration the temperatures, wind chill, snow conditions and trail conditions when deciding on any changes. The race committee will announce our plan by noon on Friday.

Participants are encouraged to take steps to minimize their risks from exposure, including:

- Dress for the temperatures, particularly the core, hands, feet and head.
- Use hand and toe warmers, available at Walgreens and hardware stores.
- Cover all exposed skin: use of face masks, moleskin, Vaseline, Warm Skin or Dermatome on the face.
- Protect your eyes by wearing glasses, sun glasses, goggles or a wind/snow visor.
- Those with asthma or other breathing difficulties are encouraged to use your breathing apparatus and be sure to bring your inhalers.
- Arrive hydrated and drink plenty of warm liquids at the aid stations.
- Pack warm dry clothes and boots in your drop bag and get changed immediately after the race.
- Consult the map and know where the aid stations are located. New this year, each aid station has a warming shack. You may drop out at any aid station and alert NSP volunteers if you are experiencing extreme cold or frostbite and they will help you. We will transport you to Main St Fitness to retrieve your warm dry clothes, or forward you to the local hospital if warranted.

You may change races or techniques up until 10pm Friday (\$5 charge). Anyone electing to not participate may still pick their bib and racer gift at registration Friday night or Saturday morning and will be included in the door prize drawings at the post-race party.

Registrations continue to be accepted on-line until 10pm Friday or in-person at the Race Expo Friday from 4-10pm. No refunds if the race is cancelled or if you elect not to participate.

For information or to register, go to sisuskifest.com.