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Ottawa Race Weekend changes some start times due to sweltering heat

10K race will start at 7 p.m., half marathon begins at 8:15 a.m.

CBC News Posted: May 28, 2016 10:58 AM ET | Last Updated: May 28, 2016 4:33 PM ET



On your mark, get set, sweat. Ottawa Race Weekend is expected to be hot this year, with temperatures tipping over the 30 C mark. (CBC)

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Ottawa Race Weekend organizers have changed the start times for two of its races this weekend to try to avoid the overwhelming heat and high humidity.

Saturday's 10 kilometre race will start at 7 p.m. instead of 6:30 p.m., while Sunday's half marathon will start at 8:15 a.m. instead of 9 a.m.

The full marathon will still start at 7 a.m. on Sunday.

Environment Canada predicts Sunday's temperature will reach a high of 31 C.

Organizers say they could still stop the races if medical operations become overwhelmed.

Ottawa Marathon @OttawaMarathon

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We've had discussions with our medical team, logistics team, and partners at the city/police to make sure that we can put on a safe event.

10:30 AM - 28 May 2016

14 43

"We urge runners to co-operate with us and hydrate frequently during their race, adjust their pace as required, and pay close attention to the race crew and the weather warning flags posted along the race route," event director John Halvorsen said in a statement.

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Pleasant Valley, VA

Today Mainly sunny



31°C Low18° POP10% Sun Cloudy with sunny breaks



27°C Low18° POP30% Mon Rain



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"If runners co-operate fully, we will reduce the chances of overloading our medical operations, which are a critical requirement for safe race events. This plays an important role in making decisions about proceeding with or stopping [races]."

Ottawa paramedics are urging runners to write emergency contact information and a list of what medications they take on the back of their race bibs in case something happens.



Ottawa Paramedic Svc
@ottawaparamedic

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An important message to all runners this weekend: please fill out your race bib. [youtube.com/watch?v=745dqa...](https://www.youtube.com/watch?v=745dqa...)

@OttawaMarathon @runottawa

9:36 AM - 28 May 2016

52 20

"The calls we get and the cardiac arrests that happen are mostly because people ignored and kept pushing because [they think] 'Oh my goodness, I'm only two, three, four kilometres away from the finish line, I'm going to keep going.' That's when they collapse," paramedic J.P. Trotter said.

To battle the heat, organizers have added misting stations along the 10K, half-marathon and marathon routes. They're also bringing in more ice and cups for the water stations.

Four buses will be set up at medical stations on the two longer routes so runners can take a break in an air-conditioned space.

Organizers are even asking non-runners to pitch in. People along the courses are encouraged to run their hoses, sprinklers and have extra water and refreshments ready.



Ottawa paramedics said runners need to listen to their bodies and slow down or cool off during the race if they're not feeling well.

What to do

The race's medical director, Dr. Jon Hooper, has posted advice on avoiding dehydration and heat illness when running in hot weather on the event's website:

- Pour water on your head to cool yourself down during the race (along with drinking water).
- Drink ice-cold water and pour some ice-cold water on yourself right before the race.
- Check with your doctor if you're taking medication as overheating can be a side effect.
- Don't try to reach a personal best.

24°C
Low18°
POP90%
Hourly7 DayMore Weather

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Latest Audio and Video



Zero to fastest Canadian, in only 2 years!

7:53

By his own admission, Hugh Langley was not living a healthy lifestyle only 2 years ago. He began running, and then attained the fastest time by a Canadian at the Boston Marathon last month.



"Robot Girl" makes the world a better place

7:57

Hear about Erin Kennedy, aka Robot Girl, with Bowie, her beach cleaning robot. She builds robots and will be testing Bowie this morning at Westboro Beach.



Creepy Capital, a collection of Ottawa ghost stories

9:42

They are first-person accounts, including a doomed financier who may be haunting the Chateau Laurier and the tale of why some think Watson's Mill in Manotick is haunted.

- Drink more fluids than you usually do.
- Wear lightweight, light-coloured clothes and a visor if possible.



Volunteer for City Stream Watch

7:59

Hear about a program in Ottawa which lets volunteers don hip-waders to help monitor and measure local streams.



Andrew Foote
@amkfoote



Louis Emond and Madison Watson (and little Sam) heeded the call to bring out the hoses for the 2K.

2:32 PM - 28 May 2016

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