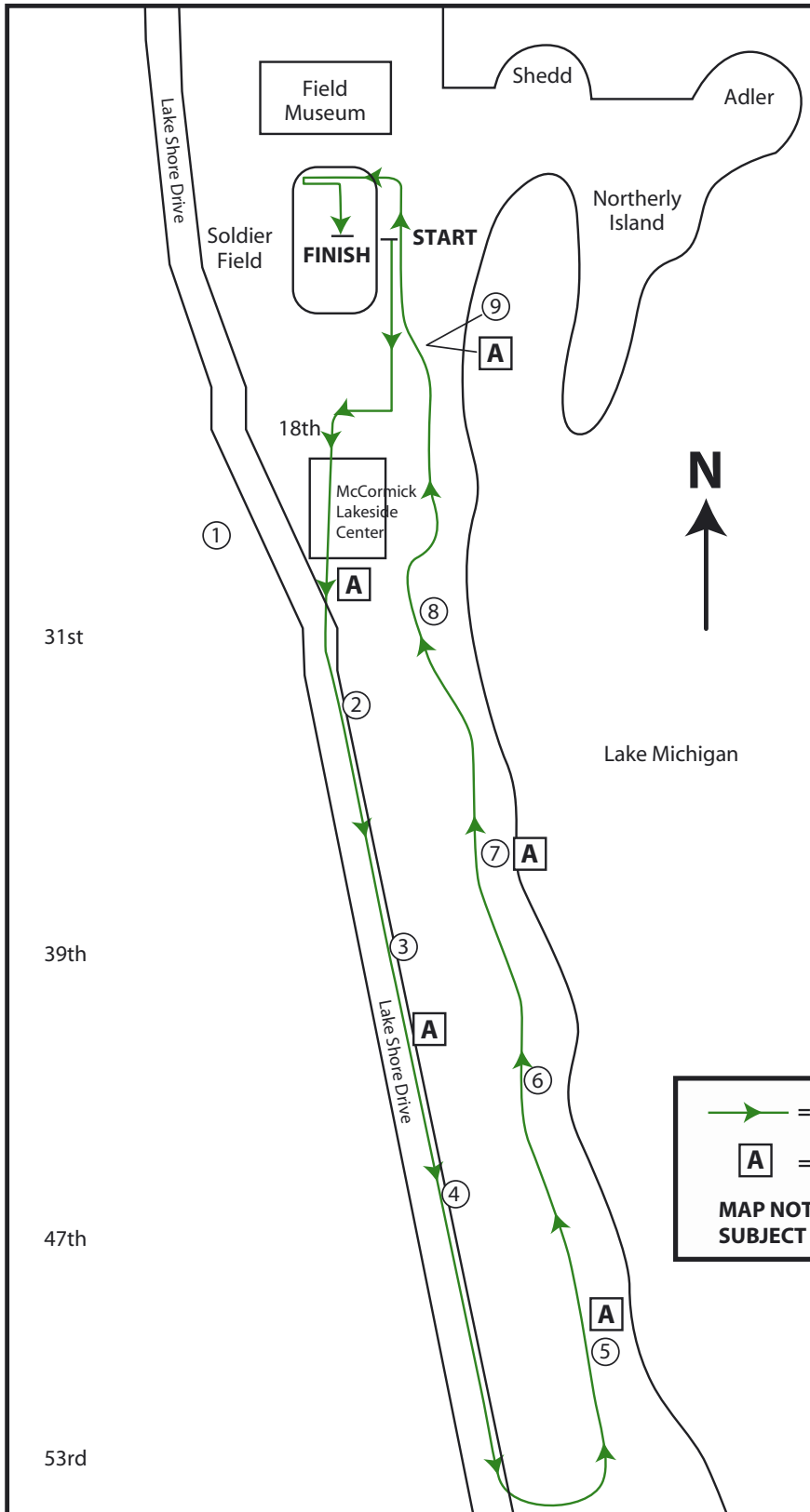


# Fleet Feet Sports Soldier Field 10 Mile presented by adidas

May 29, 2010 7:30am Start



## AID STATIONS

Hinckley Springs Water and Gatorade Endurance Formula will be provided at each station.

Toilets are available at each station.

## Event Alert System

The Event Alert System (EAS) will communicate the status of course conditions to participants on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based on a variety of factors, including weather conditions.

On race day, the current EAS status will be communicated via public address announcements and color-coded signs/flags at the start and finish areas, and along the course at each of the Aid Stations.

All participants should familiarize themselves with the EAS prior to the race, remain alert for directions from race officials and announcers and take precautions to prepare properly for varying weather conditions on race day.

**FLEET FEET**  
*Sports*