

# 2026 Noquemanon Cold Weather Safety & Preparation and Race Decisions:

## Junior Noquemanon (Junior Noque) and Adaptive Races (all Friday events) are **CANCELLED** (\**decision made 1/21/26*)

The National Weather Service in Marquette has provided a weather forecast for Friday with high confidence that indicates temperature at 4:00pm is anticipated to be -8F (and will continue to drop into the evening) with a wind chill of -28F. Winds are expected to be out of the northwest at 10mph with gusts up to 21mph. Our protocol set for the Junior Noque and the Adaptive races on Friday was -4F by race time. Given this information the race committee has therefore decided to cancel all of the Junior Noquemanon races (1K, 3K, 5K) and all of the Adaptive races (600M, 2K) scheduled for Friday January 23<sup>rd</sup>.

The race committee will continue to consult with our FIS technical delegate and with the National Weather Service which is providing Noquemanon specific forecasts for our events on Saturday.

Please stay up to date on any further event decisions for Saturday on our race website at [www.noquemanon.com](http://www.noquemanon.com) and to emails used when registering for 2026 events.

Thank you for your continued support of the Noquemanon Ski Marathon despite the challenging conditions the event is facing.

## Cold Weather Safety & Preparation

It will be very cold this year, and taking preventative measures against frostbite and hypothermia will be imperative. Please dress appropriately for conditions by using multiple layers, including one or two base layers that wick moisture away from the skin. Use an additional wind-blocking layer over sensitive areas (e.g., wind briefs).

Cover all exposed skin, including:

- Buff for ears below the hat line
- A second buff around the neck that can be pulled up over the mouth
- Face tape to protect exposed skin on the nose and cheeks
- Glasses or a face shield to protect your eyes

- Do not use eye drops of any kind in these conditions

Wear warm ski gloves and insulated ski socks, making sure ski boots are not overly tight, as restricted circulation increases frostbite risk.

If you carry fluids, use an insulated water bottle. If not, be sure to utilize the aid stations for:

- Water
- Hammer HEED
- Hammer Gels
- Food

Taking in fluids and calories on very cold days is extremely important, as your body works harder to stay warm. You may not “feel” thirsty, but dehydration and calorie deficits can occur quickly. Skiers often bonk hard on cold days because thirst and hunger cues are suppressed.

Taking these preventative measures will help ensure a safe and enjoyable ski despite cold temperatures.

### **Additional Safety Recommendation**

It is highly recommended to carry a few old-fashioned hand warmers in your pockets. They are inexpensive, lightweight, and can be invaluable in the event of an equipment malfunction that forces you to stop skiing and begin walking.

## **Potential 50K Delayed Start or altered courses**

The standard minimum temperature for the Full and Half Marathon races is -14°F.

The race committee will decide Friday regarding any delayed start of the 50K Noquemanon Ski Marathon or altered courses. A 1 or 2-hour delayed start will occur if there is strong confidence that the forecasted ambient temperature at 8:10 AM Saturday will be -13°F or lower.

- Any delayed start decision will be communicated via email to all pre-registered racers and posted on the race website
- If delayed, the bus schedule will also shift one or two hours later

Participants should remain attentive to updates and monitor details near the bus staging area at the Superior Dome.

## **On-Course Aid & Safety**

Safety on the Noquemanon courses is a collaboration among several local agencies.

- Aid stations every 6–7 km, equipped with:

- Water and Hammer HEED
  - Hammer Gels and additional food
  - Medically trained personnel
  - Radio communication to the Superior Dome and emergency services
- Radio access is available across most of the course; Ham radio operators provide backup in remote or terrain-heavy areas
- Marquette Township Fire Department will be on snowmobiles
- AEDs and oxygen tanks are deployed on course
- Marquette Mountain Ski Patrol will carry emergency blankets and staff the finish line

Medical assistance will be provided at the finish line, at the Superior Dome along with food and fluids. If significant medical assistance is needed after returning to the Dome, notify a race official and call 911.

The Superior Dome is located approximately ½ mile from UP Health System – Marquette (ie the hospital).