



PRESS RELEASE

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FOR IMMEDIATE RELEASE - Weather Advisory

(Fort Worth, Texas) The Cowtown Marathon Issues Heat Advisory for Sunday Events

Fort Worth, Texas – February 24, 2024 – The Cowtown Marathon officials have issued a heat advisory for the Marathon, Half Marathon and Miller Lite Ultra Marathon distances scheduled to begin at 7:00 a.m., Sunday, February 25, 2024, from Will Rogers Memorial complex in Fort Worth, Texas.

Temperatures will progressively increase from the 7 a.m. start time. According to the National Weather Service, runners should prepare for:

- 7:00 AM 55 degrees F.
- 9:00 AM 62 degrees F.
- 11:00 AM 71 degrees F.
- 1:00 PM 78 degrees F.
- 3:00 PM 83 degrees F.

Runners should expect south southwest winds of 14 to 18 mph, with gusts as high as 26 mph and relative humidity to drop throughout the day.

“Participant safety is our first priority,” said Heidi Swartz, Cowtown executive director. “All runners and walkers should take every precaution to assure they’re prepared for these anticipated weather conditions.”

“If you have not exerted yourself in warm temperatures like we anticipate on Sunday, you should strongly consider not running,” advises Dr. Jeff Beeson, Cowtown medical director. “If you do run, please slow down and hydrate before, during and after your event, and realize that the temperature will rise as the race progresses and your body becomes more stressed.”

The Cowtown will provide aid stations at approximately every 1.5 miles throughout the course. In addition to water and Powerade, misters and iced towels will be available to the runners at the aid stations.

More than 10,000 runners have registered for Sunday races: the Marathon (26.2 miles), Half Marathon (13.1 miles) and Miller Lite Ultra Marathon (31.5 miles).

ABOUT THE COWTOWN: The 46th running of The Cowtown will take place on February 24 -25, 2024, at Will Rogers Memorial Center. Run annually, The Cowtown is a Fort Worth tradition with a \$10.5 million economic impact on the City. In-person races include the Adult 5K, Kids 5K, 10K, Half Marathon, Full Marathon, and Ultra Marathon. Virtual options to run all distances are available. Proceeds from The Cowtown benefit the C.A.L.F. Program. The Cowtown 2024 is presented by Baylor Scott & White All Saints Medical Center – Fort Worth.