



ENDURANCE MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

ROANOKE, VA | JULY 2026

Communique 8 **Friday - July 17, 2026**

XCO – Air Quality Index (AQI) Update

We are closely monitoring air quality conditions, due to the wildfire smoke. Pertinent updates will be communicated via Text Group. We are using an online tool for monitoring the Air Quality Index (AQI) from a station closest to the race venue, and race staff will monitor it every 30 minutes throughout the day. As with thunderstorms, an assessment will be made every 30 minutes to determine the ability to continue or restart after conditions improve.

Race Adjustments based on AQI based on recommendations from USOC

101–150: Unhealthy for sensitive groups — individuals with respiratory or heart conditions, seniors, children, and those who are pregnant should consider staying indoors.

151–200: Considered unhealthy — sensitive groups should stay indoors. Laps will be cut from the published count.

201+: Considered very unhealthy. The race will be canceled or cut immediately, and all outdoor events and activities will be suspended.

Why Air Quality Matters

- Anyone can become sick from inhaling wildfire smoke.

- The smoke is made up of tiny airborne particles, fumes, and gases such as carbon monoxide.

- The biggest concern is the tiny particles that aren't filtered by the nose and throat. When inhaled, they travel deep into the airways and cause inflammation, which can lead to shortness of breath, chest tightness, coughing, or wheezing.

- Those most likely to experience negative effects include individuals with chronic respiratory conditions or heart disease, smokers, young children, pregnant women, and those age 65 and over.

- A properly fitted N-95 mask can help reduce the amount of smoke inhaled.

Interpreting AQI

0–50: Air quality is considered safe.

50–100: Signals an increase in harmful particles in the air.

Above 100: Individuals with underlying respiratory or heart disease, seniors, children, and those who are pregnant should stay indoors.

Above 200: Everyone should stay indoors.