

HOT WEATHER RUNNING TIPS

THE TEMPERATURES ARE RISING AND IT'S TIME TO REMIND THE RUNNING COMMUNITY ABOUT THE IMPORTANCE OF FOLLOWING THESE "HOT WEATHER RUNNING TIPS." RUNNING IN THE HEAT OF SUMMER CAN BE DANGEROUS IF THE PROPER PRECAUTIONS AND PREPARATIONS ARE NOT FOLLOWED.

- **Avoid dehydration!** You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20 to 30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- Avoid running outside if the heat index is above 98.6 degrees **and** humidity is above 70-75%. While running, the body temperature is regulated by the process of sweat evaporating off the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.
- When running, if you become dizzy, nauseated, have chills or cease to sweat.... STOP RUNNING, find shade and drink (sip) water or a fluid replacement drink such as 'Gatorade'. If you do not feel better (say 10 to 15 minutes) seek help. Heatstroke occurs when the body fails to regulate its own temperature and the body temperature continues to rise. Symptoms of heatstroke include confusion, delirium or unconsciousness and skin that is red, hot and dry (even under the armpits). Heatstroke is a 'Life-Threatening' medical emergency requiring emergency medical treatment.
- Try to find a running route that provides some shade. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a light hat or a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- If you have heart or respiratory problems or you are taking any medications please consult your doctor about running in the heat. In some cases it may be in your best interest to run indoors on a treadmill. If you have a history of heatstroke/illness, run with extreme caution.
- Children should run in the morning or late in the afternoon. Avoid the peak hours of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.
- Do wear light colored breathable clothing. Do not wear long sleeves, long pants or sweat suits. Purposefully running in sweat suits, on hot days, to lose water weight is dangerous!
- Plan your route so you can refill water bottles or find drinking fountains (use with caution and allow water to run for 10 seconds before drinking). City parks, local merchants and restaurants are all good points to incorporate on your route during hot weather running. NOTE: Be sure to tell someone where you are running, how long you think you will be gone and "carry identification".

Stay hydrated, cool and safe this summer!

Coach Cliff Cole

Hot Weather Running Tips"- taken from the RRCA site. The RRCA is a Sister Organization, Founded in 1958. Check out; www.rrca.org.