

# Hot Weather Running Tips

Running in the heat can be dangerous if the proper precautions and preparations are not followed. The following are some of the RRCA Sports Committee's recommendations for running in a hot environment:

1. **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 20-30 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. Indicators that you are running dehydrated are a persistent elevated pulse rate after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

2. Run in the shade whenever possible; avoid direct sun and blacktop wherever possible. When you are going to be exposed, apply at least SPF 15 sunscreen. Not only can the sun affect your skin, but its rays can affect your eyes, so when it is sunny wear sunglasses that can filter out UVA and UVB rays. Wearing a hat with a visor will not only shade your eyes but also the skin on your face.

3. When running, if you become dizzy, nauseated, have dry skin or the chills...**STOP** running and try to get a drink. If you do not feel better, get help.

4. If you have a heart or respiratory problem, or you are on any medication, consult with your doctor about running in the heat. In some cases it may be in your best interests to run indoors. Also, if you have a history of heat stroke/illness, run with extreme caution.

5. Children should limit their running in the heat due to their lower tolerance of heat.

6. Avoid plastic sweat suits, late morning races, salt tablets, and consuming drinks with high sugar concentration. Avoid running ill.

7. **DO** wear light colored clothing, check hair and body for ticks after running in wooded areas, drink plenty of water, listen to the race director's pre-race announcements regarding the heat/humidity prior to racing, and tell someone your running route.