



Point Cook Runners

Extreme Weather

Point Cook Runners will endeavour to keep all members advised of any forecast extremes in weather conditions that coincide with a scheduled group run. In instances where the risk is deemed to be unacceptable to member's health - such as extreme temperatures, flood, and fire or severe storm warnings - runs will be cancelled and a notification made on our Facebook Page, our member's Facebook group and via direct email to members.

Weather

Where an extreme weather condition has been forecast, the run leader will modify or cancel the run accordingly. We recommend all members be aware of forecast weather conditions when participating in group runs, so appropriate clothing is worn and hydration is taken into consideration.

UV/Heat

Where possible, group runs will be scheduled to minimise exposure to high temperatures and high UV levels. It is the responsibility of each individual runner to wear appropriate clothing, sunscreen, and other appropriate sun-smart accessories (such as sunglasses or sun hats/visors, covered shoulders). It is also the responsibility of the individual runner to ensure they are well hydrated before taking part in any group runs organised by PCR.

Fire

On days where high fire risk warnings are issued or likely, Sessions Leaders will monitor CFA and MFB websites and ensure that group runs are not conducted in areas that have a high bushfire risk or where there is a Code Red or Extreme Rating in place. Any planned runs will be adjusted or cancelled accordingly.

Storms

Group runs will not be conducted in the event of electrical storm (severe thunder and/or lightning) or when there are gale force winds forecast. Any planned runs will be adjusted or cancelled accordingly.

It's only a run

It's only a run it's not worth your life stay Hydrated and local.

It's not that hard to run in extreme heat but your body will get revenge in the days after. Recovery can leave you exhausted and with added fatigue sometimes forcing you to miss more runs than the 1 you should have skipped.

The cool change that was forecast for later today has been re-forecast for tomorrow evening.

Temperature facts.

When you wake up in the morning and check the weather forecast, the temperature for the day reads 38 degrees. You imagine a thermometer out in the hot sun, taking in the sun's rays and giving a reading. You would think that if the weather report says 38 degrees, then in the shade it might be cooler, perhaps 25-30degrees, but that would be wrong!

Weather forecasts measure outdoor temperatures in the shade. If the weather report says 38 degrees, that means the temperature is 38 degrees in full shade.

Why is Weather Forecast Temperature Measured in the Shade?

In order for a thermometer to accurately measure the temperature of the environment, it needs to be located in the shade so that it is not affected by the solar radiation from sunlight. If a thermometer were in the sun, the solar radiation would heat up the thermometer, and the resulting temperature would be measuring the warmed up thermometer, not the environment around the thermometer.

The Temperature in the Shade Isn't Cooler than the Temperature in the Sunlight

In the shade, you may feel 5 - 10 degrees cooler, but the temperature is the exact same as the temperature in full sunlight. Shade only feels cooler because you are avoiding solar radiation. When in the shade, your skin is not being "heated" by the sun's rays, so your skin and your body feel a more comfortable temperature but your core temperature is being raised to a dangerous level.

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