

## **PROTECT YOURSELF in the HEAT**

### **PACE YOURSELF**

**Every 5 degrees above 55 add 10-20 seconds per mile for the same effort.**

#### **Adjusting pace for heat:**

Estimated finish temperature F.	Slower than pace ( effort needed differential)	8 min mile pace becomes:
55-60	1%	8:05
60-65	3%	8:15
65-70	5%	8:25
70-75	7%	8:35
75-80	12%	8:58
80-85	20%	9:35
Above 85	Forget pace	Run for Fun

#### **How Heat Can Hurt**

Take steps to prevent the following hot-weather illnesses:

## HEAT CRAMPS

- **Cause:** Dehydration leads to an electrolyte imbalance
- **Symptoms:** Severe abdominal or large-muscle cramps
- **Treatment:** Restore salt balance with foods or drinks that contain sodium
- **Prevention:** Don't run hard in the heat till acclimatized, and stay well hydrated with sports drink

## HEAT FAINTING

- **Cause:** Often brought on by a sudden stop that interrupts bloodflow from the legs to the brain
- **Symptoms:** Fainting
- **Treatment:** After the fall, elevate legs and pelvis to help restore bloodflow to the brain
- **Prevention:** Cool down gradually after a workout with at least five minutes of easy jogging and walking

## HEAT EXHAUSTION

- **Cause:** Dehydration leads to an electrolyte imbalance
- **Symptoms:** Core body temperature of 102° to 104°F, headache, fatigue, profuse sweating, nausea, clammy skin
- **Treatment:** Rest and apply a cold pack on head/neck; also restore salt balance with foods and drinks with sodium
- **Prevention:** Don't run hard in the heat till acclimatized, and stay well hydrated with sports drink

## HYPONATREMIA

- **Cause:** Excessive water intake dilutes blood-sodium levels; usually occurs after running for four or more hours
- **Symptoms:** Headache, disorientation, muscle twitching
- **Treatment:** Emergency medical treatment is necessary; hydration in any form can be fatal
- **Prevention:** When running, don't drink more than about 32 ounces per hour; choose sports drink over water

## HEAT STROKE

- **Cause:** Extreme exertion and dehydration impair your body's ability to maintain an optimal temperature
- **Symptoms:** Core body temp of 104° or more, headache, nausea, vomiting, rapid pulse, disorientation
- **Treatment:** Emergency medical treatment is necessary for immediate ice-water immersion and IV-fluids
- **Prevention:** Don't run hard in the heat until acclimatized, and stay well hydrated with sports drink