



Hot Weather Running/Walking

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Running and walking 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 and walking in a hot environment:

AVOID DEHYDRATION - You can lose between 6 and 12 oz. of fluid for every 20 minutes of exercise. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running/walking) and drink fluids every 20-30 minutes along your running/walking route. To determine if you are hydrating properly, weigh yourself before and after running/walking. You should have drunk one pint of fluid for every pound you're missing. Indicators that you are exercising dehydrated are a persistent elevated pulse rate after finishing your run or walk, and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

SUN EXPOSURE – Run or walk in the shade whenever possible avoid direct sun and blacktop. When you are going to be exposed, apply at least #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.

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

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

CHILDREN - Children should limit their exercising in the heat due to their lower tolerance of heat.

NO-NOs - Avoid plastic sweat suits, late morning races, salt tablets, and consuming drinks with high sugar concentration. Avoid running or walking while ill.

MISCELLANEOUS TIPS - DO wear light colored clothing, check hair and body for ticks after exercising in the woods, drink plenty of water, listen to the race director's pre-race announcements regarding the heat/humidity prior to racing, and tell someone your planned route.

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