

Week #3



Summer Weather Running Tips

Running in the summer is a great activity, just keep in mind the tips below to stay safe and healthy.

These tips are adapted from RRCA - Road Runners Club of America

Proper Hydration

Get in the habit of drinking water throughout the day to avoid dehydration. Sports drinks are usually not necessary for activities less than one hour in length. Many sports drinks often contain excess sugar.

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.

Carry a water bottle and plan your route so you can refill if it necessary or find a drinking fountain along the way.

Prevent Heatstroke

Avoid running outside during the hottest part of the day.

High heat and humidity in the air can prevent the process of evaporation of sweat from the skin, which can lead to overheating.

If you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING. Find shade, and drink water. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise, and can be a life-threatening medical emergency.

Prevent Sunburn

Wear sunscreen, a hat and sunglasses when in the direct sun.

Wear light colored breathable clothing making sure to cover areas susceptible to excessive sun exposure.

Run in the shade if possible.

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