



Hot Weather Running Tips

- Avoid dehydration! You can lose between 6 to 12 oz. of fluid for every 20 minutes of running. So, it's really important to drink at least 15 min. before you run, and drink fluids every 20-30 minutes along your running route. To see if you are drinking enough, you can weigh yourself before and after running, and drink before you get thirsty! Eating a banana before you run also helps with side cramps because bananas have potassium.
- If you sweat a lot, drinking Gatorade during or after your run is good, too.
- Avoid running outside if the heat is above 80 degrees and if the humidity is high. Use this easy formula – if it's 75 degrees outside, dress like it's 10 degrees warmer. Your body will heat so quickly, it will feel like it's 85 degrees – 10 degrees warmer than it actually is.
- It's always good to have a running buddy. It's more fun and safer, too!
- If you feel dizzy or nauseated, stop running! It's ok to walk until you feel better.
- Run in the early morning and in the shade if you can, and wear sunscreen and a hat.
- Wear light colored, breathable clothing – shorts and a tank top or short-sleeve shirt. Sun glasses are good, too. Do not wear long sleeves or long pants.
- Plan your running route so you can refill water bottles or find water fountains.

Have fun and be safe this summer!