



## Safety Bulletin

If you train regularly for at least a month before the J.P. Morgan Corporate Challenge you should be fit enough to run a satisfying race. But all your hard work can be worthless if you don't take care of yourself properly during the days just before the event.

### WHAT IS HEATSTROKE?

Heatstroke is the breakdown of the body's ability to control its own temperature. It occurs most often in short races when unfit runners, enticed by the seemingly easy, short distance, run at a pace that is beyond their conditioning. But even world-class athletes have suffered heatstroke. The condition is deadly; victims of heatstroke—including young, fit people—suffer an 80 percent mortality rate.

### WHO IS PRONE TO HEATSTROKE?

Any one of the following conditions puts you at risk for heatstroke. If one or more of these risk factors applies to you, do not run in the heat (above 70° F/21° C). Review the list on race day; if you are at risk, do not race in the J.P. Morgan Corporate Challenge Championship.

- Alcohol intake within 24 hours
- Dehydrated
- History of heatstroke
- Lack of recent, regular training
- Lack of sleep
- More than 20 percent overweight
- Not acclimated to the heat. It takes three weeks to acclimate to an increase in temperature.
- Recent immunizations
- Sunburn or rash
- Taking medications, either over-the-counter or prescription, especially those that decrease your ability to sweat, including:
  - Anti-diarrheal medications
  - Antihistamines
  - Atropine
  - Cold medications
  - Diuretics
  - Ephedrine, ephedra, ma huang
  - Scopolamine
  - Tranquilizers

### **WHAT ARE THE WARNING SIGNS OF HEATSTROKE?**

The beginning stages of heatstroke are often marked by a throbbing headache, a general feeling of malaise or excessive warmth, confusion, difficulty concentrating, disorientation, clumsiness, stumbling, and excessive sweating or no sweating. The symptoms of heat exhaustion, a condition that can precede heatstroke, are extreme fatigue, nausea, vomiting, giddiness, muscular cramps, rapid breathing, and faintness.

If you or a teammate have any of these symptoms, stop running, get into a cool environment (shade, for example), and seek medical attention immediately.

### **HOW CAN I PREVENT HEATSTROKE?**

If you have one of the above risk factors, don't run in the heat (above 70° F/21° C). Even runners to whom none of the above risk factors apply should take the following precautions:

- Don't run during the hottest part of the day.
- If you are not acclimated to the heat, reduce the length of your run and slow your pace by one minute per km until you're acclimated to the heat. It takes three weeks to fully acclimate to a higher temperature and humidity.
- Drink water throughout the day, before, during, and after runs and races.

### **SHOULD I BE AWARE OF OTHER RISK FACTORS?**

If any of the conditions listed below apply to you, you should consult with your doctor about your plans to train and race.