



June 2010

**"Running in the Heat; Respect Your Body, Respect the Heat"**

by Mindy Solkin

**HEAT INDEX CHART**

Relative Humidity	AIR TEMPERATURE (F°)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	89°	102°	122°						
100%	72°	80°	91°	106°							

Apparent Temperature	Heat Stress Risk with Physical Activity and/or Prolonged Exposure
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely Heatstroke possible
130°+	Heatstroke highly likely

Of all the adversities that runners and marathoners face, heat is the number one offender. This is because it can bring on two conditions that can negatively affect your performance... Overheating and Dehydration.

Overheating is the result of inadequate cooling; when the body cannot keep up with the demands of evaporation of water from your skin. When the body heats up

internally, it starts to sweat and sends more blood to the skin where it is cooled by coming into contact with the relatively cooler skin. However, while running, your body's demand for oxygen to the muscles means less blood will flow to the skin and this is when overheating occurs. And thus begins the tug-of-war within your body, especially if you want to keep up a certain pace. Either the blood (and oxygen) goes to your muscles to keep up with the pace demands and you start to overheat because less blood is going to the skin for cooling - OR - the blood goes to the skin for cooling, but less blood goes to your working muscles meaning you'll be forced slow down.

Dehydration is the process of losing fluid from the body, in this case through sweat. As you sweat you lose water and electrolytes. That's why drinking a sports drink containing electrolytes, as well as water, is so important. Because running in the heat exacerbates both overheating and dehydration, it is important to take precautions when running in the heat.

**PRECAUTIONS FOR RUNNING IN THE HEAT**

- 1) It takes approximately two weeks of consistent running in the heat and humidity to acclimate to warmer conditions.
- 2) Remember that thirst is not an indicator of dehydration. Once you are thirsty, you are already low on fluids. Indications of dehydration are an elevated heart rate during and after your run and dark, golden-colored urine. After your run, keep drinking fluids until your urine is clear.
- 3) During your run, drink about 4 to 8 ounces of water and/or sports drink every 15 to 20 minutes.

4) Weigh yourself before and after your run. Drink 16 ounces of fluid for every pound of weight lost. \*Important note here... do not use this as a method of weight loss!

5) Apply a sunscreen of at least SPF #15. Make sure that it is a non-drip formula that won't drip into your eyes.

6) Wear sunglasses that filter UVA and UVB rays and/or wear a cap with a visor.

7) Wear light-colored micro-fiber clothing.

8) Run when your shadow is taller than you are, and when the sun is not high in the sky. If you run in the morning, you'll avoid the heat, but may encounter a higher humidity. The air quality is also better in the morning, since ozone levels increase soon after dawn, peak at midday, and then again in the early evening. Times to avoid running are noon till 3pm.

9) Eat salty foods and drinks such as pretzels and tomato juice.

10) Check the Heat Index Chart for apparent temperature. This is the number that calculates the air temperature with the relative humidity to determine what the temperature feels like and if there is a risk of a heat-related illness.

#### SIGNS OF HEAT-RELATED ILLNESS

##### 1) HEAT CRAMPS

Causes: Loss of electrolytes and accumulation of lactic acid in the muscles.  
Conditions: Muscle cramps and/or spasms, heavy sweating, normal body temperature.  
Treatment: Drink water and sports drink, slow down, massage affected area.

##### 2) HEAT EXHAUSTION

Causes: Intense exercise in a hot, humid condition and loss of electrolytes.  
Conditions: Profuse sweating, possible drop in blood pressure (less than 90 systolic, the top number), normal or slightly elevated body temperature, lightheadedness, nausea, vomiting, decreased coordination, possible fainting.  
Treatment: Rest in a cool place, drink water and sports drink, if BP drops below 90

systolic, call EMS, avoid activity for at least 24 hours, refrain from running or exercising in the heat for at least one week.

##### 3) HEAT STROKE

This is a medical emergency!

Causes: Intense exercise in a hot, humid condition, older age, dehydration, obesity, wearing heavy clothing, running in the heat when you have an infection or fever, certain drugs such as amphetamines, diuretics, beta blockers, cardiovascular disease, poor acclimatization, high blood pressure.

Conditions: High body temperature (106 or higher), lack of sweating characterized by dry, red skin, altered consciousness.

Treatment: Call EMS! Rest in a cool place, remove clothing to expose skin to air, apply ice packs or cool water to groin, underarms, neck (stop if shivering).

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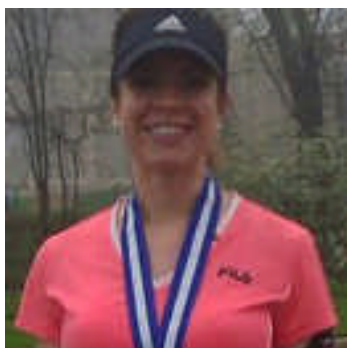
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Do you have running-related stuff collecting dust that you'd like to sell? Or, are you in the market for same? [Send us a note](#); we'll run a "Classifieds" column!

## Running With Endurance

A few new Striders have recently run their first marathon or half marathon. This newsletter profiled Shelley Hitz. She chronicled her experience training and racing her first Half-Marathon:



Never say never, right? Well, at one time I said I would never run a marathon. I felt like jogging a couple miles here and there was sufficient for me to stay in shape. However, as my husband CJ has gotten back into running the last couple of years, I began to think, "Maybe I can run a *half* marathon." I thought, "If CJ can run marathons and ultra-marathons, maybe just maybe, I could actually run and finish a *half* marathon."

I started running consistently again last fall, but my longest run was only 4 miles. And so, in January of this year, CJ finally convinced me to sign up for the Toledo Glass City half marathon with him. He told me that unless I actually signed up for something and had a goal, it would be easy to keep putting it off...and he was right. So, in January I finally set my goal: to run 13.1 miles on April 25<sup>th</sup>. Therefore, I had four months to build my endurance for my first half marathon from 4 miles to 13.1 miles.

As I started to run longer distances, I began to have the same phrase run through my mind again and again, "...run with endurance the race set before you..." (A quote from the bible, Hebrews 12:1). And so I began asking the question, what does it take to run with endurance, to run longer and longer distances? There are so many spiritual analogies with running, but I never fully related to them before. But for the first time in my life, I began to understand *from experience* what it takes to run with endurance.

## What Does It Take to Run With Endurance?

Well, for starters, it takes setting a goal. Yep...once I set my goal, signed up and paid my money for the Glass City half marathon, I had a lot more motivation to train. So having a goal was the first step for me.

However, I also found out that running with endurance requires consistency. For years I ran here and there when I had time, but nothing consistently. When I started running again in the fall, I knew that I would need some kind of motivation to help me stay consistent. And so I invested in an iPod Nano along with the Nike+ sensor for my shoe. This system tracks my pace, distance and time of each of my runs. It then syncs them with my online account so I can see my progress. Not only that, but after my fastest recorded runs, I hear Tiger Woods say, "Congratulations, that was your fastest run yet!" And then I hear encouragement from Lance Armstrong after my longest runs cheering me on.

Something else I learned in training for my first half marathon is that running with endurance is much easier when running with a group. CJ and I decided to join the Findlay Striders and Toledo Roadrunners clubs this year. We run with the Striders at their monthly meetings and occasionally make the Saturday morning 8@8 runs. We also head up to Perrysburg on Thursday nights for the group run at Second Sole.

My longest run before the half marathon was 11 miles. The week before, it had been long and torturous to run 9 miles by myself. Therefore, I decided to run with the Striders on a Saturday morning...and was I ever glad I did. Not only did I finish my 11 miles that day, but it went by quickly as I chatted with several other runners that were running around my same pace. And I didn't dread each additional mile like I did when running alone. Wow...what a difference the group runs made!

And finally, I found out that running with endurance requires adequately fueling my body. Just like a car needs fuel to run, my body needs fuel to keep going those extra

miles. I realized that as I ran longer distances, staying hydrated and eating enough calories was crucial. There were a few days that I felt like I "hit the wall" and had no energy left. After thinking it over, I would realize I didn't eat enough prior to that long run. Taking CJ's advice, I decided to eat about 2-3 hours before my long runs and then bring an energy gel or two with me. Not only that, but I learned that re-fueling my body after I finished a long run was just as important. We use Hammer Nutrition's Recoverite as our recovery drink and I know that it has helped my body re-build and recover much quicker after my long runs.

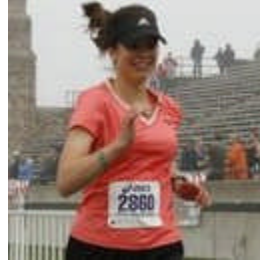
### Overcoming Obstacles...

I had decided to run my first half marathon with a purpose. I decided to raise money for Haiti where I had volunteered as a P.T. after the earthquake. However, a couple weeks before the race I started to get some right knee pain. It seemed to be my iliotibial band, the dreaded ITB tendonitis that is familiar to many runners. And I hit a low point. After months of training I didn't know if I would be able to run in the race. The pain would get so severe that I would start limping after only a few miles.

I decided to try a few treatments of the active release technique with Dr. Lofquist and it helped to significantly decrease my pain, although it never fully went away. I had already raised money for Haiti and didn't want to back out of the race due to this injury. Therefore, on race day, I decided to use the Galloway technique - running five minutes and then walking one minute. This allowed my body time to recover in between the running. And not only did I finish, but I finished 7 minutes faster than my target pace!

### The Best Part?

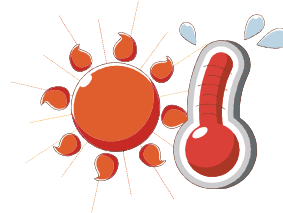
My husband, CJ, finished his race and then came back for me. He ran the last couple miles with me and cheered me on as I crossed the finish line. What a rewarding feeling to cross that finish line on April 25<sup>th</sup> after running 13.1 miles, knowing that I had just achieved my goal...I had run with endurance the race set before me!  
**WAY TO GO SHELLEY!**



### Mark Your Calendars!

July is just around the corner. Here are some upcoming races we are excited about.

### 2010 Calendar of Events



- 6/25 – [Mark Gillfillan 5k](#) (Riverdale School)
- 6/26 – [Spencerville Subway & Shell 4 Mile Run](#)
- 7/10 – [Wilderness 5 & 10k Trail Run](#)
- 7/17 – [Flirt with Dirt 5k](#)
- 7/25 – [Lima YMCA Kewpee Triathlon Duathlon](#)
- 7/31 – [Mt. Victory UMC's Mission Possible 5k](#)
- 7/31 – [Hungryman Challenge](#)

See our [website](#) for more events, or [e-mail us](#) to get your event listed here & online!

**There is so much going on besides all the racing! Here are some more fun ways to get your runs in.**

### Tuesday/Thursday - Weekday Trail Runs

Location: Van Buren State Park  
Time: 3:30/4:00PM start (times can vary—check in FB or e-mail)

### Saturday - Club Run (8@8) is now at 7:00

Location: Meet at downtown YMCA  
Time: 7:00 AM

### Sunday - Weekend Trail Run

Location: Van Buren State Park  
Time: 9:00 AM (Again, check in FB or e-mail.)

**OH SNAP!**

Boston Marathon 2010



Check us out in FaceBook for more pictures!

Kentucky Derby 2010



THE RESULTS ARE IN! HERE ARE SOME TIMES STRIDERS MEMBERS THREW DOWN THIS SPRING:

**Findlay Striders' Race Results**  
**March & April 2010**

<b>Race</b>	<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Time</b>	<b>Place/Comments</b>
Stomp Out Breast Cancer 5k	CJ Hitz	M	36	17:37	2 <sup>nd</sup> overall, age group winner
Beer Bottle Open 4 Miler	Bill Davis	M	79	47:35:00	
	Jim Miller	M	60	30:13:00	Age group winner
	Dave Bell	M	56	36:42:00	
	Alan Chester	M	52	26:48:00	
	Jim Warren	M	53	36:59:00	
	Bob Etzinger	M	52	38:01:00	
	Troy Althaus	M	48	35:29:00	
	Mathew Brown	M	43	30:33:00	
	Phil Rader	M	35	23:35	6 <sup>th</sup> overall
	CJ Hitz	M	36	24:34:00	1 <sup>st</sup> in age group
	Dave Essinger	M	35	25:08:00	
	Matt Ellerbrock	M	36	30:57:00	
	Ken Basinger	M	32	23:20	5 <sup>th</sup> overall
	Chris Lofquist	M	27	34:04:00	
	Bonnie Benson	F	48	30:31:00	First in age group
	Becky Etzinger	F	48	32:34:00	3 <sup>rd</sup> in age
	Kim Peplinski	F	44	34:01:00	
	Monica Copeland	F	38	34:18:00	
	Alice Essinger	F	32	34:28:00	
	Carrie Aldrich	F	32	37:05:00	

	Emily Avers	F	24	24:55:00	2 <sup>nd</sup> female
	Breena Lofquist	F	24	33:53:00	
	Megan Peplinski	F	14	34:58:00	
	Kim Carty	F	55	38:05:00	1 <sup>st</sup> in age group
	Brenda Mead	F	44	36:27:00	
Churchill's Half Marathon-Monclova Township, OH	Emily Avers	F	24	1:27:56	First in age group
	Melinda Bednarik	F	21	2:02:56	
	Becky Etzinger	F	48	1:52:25	
	Ken Basinger	M	32	1:21:22	3 <sup>rd</sup> in age
	Phil Rader	M	31	1:22:48	
	Jason Koomen	M	34	1:23:47	
	CJ Hitz	M	36	1:27:22	
	Dave Essinger	M	35	1:27:55	
	Bill Zachrich	M	44	1:50:00	
	Craig Swope	M	47	1:30:11	3 <sup>rd</sup> in age
	Alan Chester	M	52	1:37:01	3 <sup>rd</sup> in age
	Jim Miller	M	60	1:51:29	2 <sup>nd</sup> in age
NOW Pump n Go-Findlay, Ohio	Mike Tremains	M	38	18:14	3 <sup>rd</sup> overall, 2 <sup>nd</sup> in age
	Stacy Tremains	F	37	23:25	
Run Like a Bunny 5k – Pompano Beach, FL	CJ Hitz	M	36	18:10	4 <sup>th</sup> overall, age group winner
	Shelley Hitz	F	34	29:02:00	
Power House 5k-Whitehouse, Ohio	CJ Hitz	M	36	17:54	1 <sup>st</sup> overall
Martian Marathon-Dearborn, Michigan	Paul Smith	M		3:23:11	Qualify for Boston
	Joe Distel	M		3:25:43	Qualify for Boston

	Jim Miller	M	60	3:52:46	3 <sup>rd</sup> in age, Qualify for Boston
	Becky Etzinger	F	48	4:00:50	Qualify for Boston
Athens Marathon	Dave Essinger	M	35	3:09:41	PR, 4 <sup>th</sup> in age, 12 <sup>th</sup> overall
Larry Beagle 5k- Arlington, Ohio	Phil Rader	M	31	17:37	1 <sup>st</sup> overall
	CJ Hitz	M	36	18:11	2 <sup>nd</sup> overall
John Bryan 50k	Dave Essinger	M	35	4:31:39	9 <sup>th</sup> overall
	Chuck Lowery	M		5:25:22	1 <sup>st</sup> male senior
Kentucky Derby miniMarathon- Louisville, KY	Kim Carty	F	55	2:30:55	
	Brenda Mead	F	45	2:06:06	
	Brian Robertson	M	42	1:32:54	
	Todd Russell	M	61	2:23:27	
	Jonna Siferd	F	37	1:38:20	Top 100 females, 6 <sup>th</sup> in age
	Melisa Zachrich	F	44	2:36:15	
	Ken Basinger	M	32	1:20:38	Top 100 males, 7 <sup>th</sup> in age, NYC Marathon qualifying time
	Jim Warren	M	53	2:24:11	
Kentucky Derby Marathon- Louisville, KY	Dave Bell	M	56	5:39:41	
	Amanda Noascono	F	29	5:28:10	
	Paul Noascono	M	33	5:28:10	
	Paula Sue Russell	F	62	5:16:31	2 <sup>nd</sup> in age
	Bill Zachrich	M	44	4:27:02	
	Frank Dobler	M	49	3:59:10	
	Robin Dobler	F	53	4:54:51	

Boston Marathon	Cathy Meier	F	35	3:33:57	
	Monica Copeland	F	38	5:07:12	
Toledo Half Marathon- Toledo, Ohio	Mike Tremains	M	38	1:29:27	5 <sup>th</sup> in age
	Stacy Tremains	F	37	1:48:30	
	Elaine Swope	F	43	2:04:59	
	CJ Hitz	M	36	1:25:23	2 <sup>nd</sup> in age, 23 <sup>rd</sup> overall
	Shelley Hitz	F	34	2:30:19	First half marathon
Toledo Marathon	Craig Swope	M	47	3:17:00	4 <sup>th</sup> in age
	Jason Koomen	M	34	3:04:53	5 <sup>th</sup> in age

## **Findlay Striders' Race Results May 2010**

<b>Race</b>	<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Time</b>	<b>Place/Comments</b>
Bluffton University 4 miler	Ken Basinger	M	32	23:16	1 <sup>st</sup> overall
	Dave Essinger	M	35	25:58	4 <sup>th</sup> overall, 1 <sup>st</sup> age group
Docs-N-Socks 5k	Stacy Tremains	F	37	22:41	2 <sup>nd</sup> age group
Indy Mini half marathon	Abby Cominsky	F	27	1:27:21	
	Paul Smith	M	52	1:34:48	
	Jim Miller	M	60	1:45:47	
	Matt Sommerfeld	M	24	2:01:27	
	Kate Sommerfeld	F	24	2:23:00	
	Kathy Miller	F	56	2:46:35	
McComb 5k	CJ Hitz	M	36	18:10	2 <sup>ND</sup> overall, 1 <sup>st</sup> age group
Washington Twp FD 5k	Donna Treece	F	54	26:51	1 <sup>st</sup> in age group
	Chuck Lowery	M	61	27:12	

## Findlay Striders' Race Results June 2010

Race	Name	Sex	Age	Time	Place/Comments
Flag City Multisport 5k	Breanna Swope	F	14	32:15	1 <sup>st</sup> age group
	Shelley Hitz	F	35	29:31	1 <sup>st</sup> in age group
	Elaine Swope	F	44	27:35	1 <sup>st</sup> in age group
	CJ Hitz	M	37	20:01	2 <sup>ND</sup> overall, 1 <sup>st</sup> in age group
	Craig Swope	M	47	20:14	1 <sup>st</sup> in age group, 3 <sup>rd</sup> overall
Another Dam 50K	Dave Essinger	M	35	4:27:02	PR, 6 <sup>th</sup> overall
Mohican 50 mile Trail Run	Brad Bloomfield	M		15 hours	

Website: <http://findlaystriders.com/Welcome.aspx>,

blog: [www.findlaystriders.blogspot.com](http://www.findlaystriders.blogspot.com),

e-mail: [runclub@findlaystriders.com](mailto:runclub@findlaystriders.com)