

Some tips to compete in hot places:

Some long distance races are coming, including competitions about 21 km, marathons, ultra marathons and others.

Some of them, like the CAF's marathon to be held in the city of Caracas on April 24, and where high temperatures are forecast, even above 30 degrees centigrade, which represent an additional challenge for those involved in events such as the one indicated.

Even for those athletes with great experience in long distance races or a popular runner is necessary to take some things in consideration when participating in those events.

First of all, if you are not a high-performance runner, probably you do not had had the opportunity to move for a while to a place with a climate similar to what will be in the place where you will compete, which be good because it would have produced the best acclimatization to participate in long distance events with very hot conditions and humidity conditions. If so, you have no other option than to start your race, whatever the climate is, you should take into consideration some aspects that could help you get a better performance.

If you have plenty time you should seek for specialized advices in order to get a good performance without put your health at risk.

From the practical point of view you can take some actions to make your career more pleasant, among those actions you have:

Adjust your race pace to the climatic conditions and if the heat and humidity is very high, try to start your career at a little slow to what was planned. You should not try to run at the same pace at a race with a big difference of temperature with another race, for example, you run different at a race with 10 degrees of temperature that to the way you run on one of 35 degrees. In the heat your heart rate increases and your economy career is affected.

Before going to the place of the race you could take a cold and very short shower, as well as getting wet with cold water during the course of your race, this is very important to lower the temperature of the body as much as possible. More so if the area of your head is kept cool, although sometimes shoes are also wetted with the discomforts that result from this.

I recommend you to use a light colored cap and wet it every time you can. In the recent Panamerican cross country championship, which was held in the state of Vargas, Venezuela at a temperature close to 35 degrees, the winner of the male adult category was protected with a white cap and wet to reduce the adverse effects of temperature and humidity of La Guaira.

To prevent problems of dehydration or heat stroke your hydration is very important at the time of running, and even more at high temperatures, Prepare in advance what your hydration protocol will be. If it is possible, run through places where there are shadows in order to avoid greater sun exposure, since dehydration during the race in the heat increases the thermal stress and worsens the functioning of your cardiovascular system.

Do not allow yourself to feel thirsty to hydrate, you should take advantage of the hydration spot that is offered to you in the competition by the organizers.

Do not stop observing any of these symptoms: headache, dizziness, excessive exhaustion, loss of consciousness or chills. They can be signs that you have problems in regulating the temperature that can affect you negatively.

Keep alert. Heat stress affects your performance whether hydrated or not, and If the weather is very high you should be very aware to the symptoms before mentioned.

Talk with your nutritional advisor to schedule your hydration protocol. Remember that it is so dangerous not to hydrate during the race, as to hydrate too much.

When you reach the finish line, do not stop in a sudden way and go to the places where hydration is offered.