



Kankakee River Running Club

April 1981

Run for Fun.

Run for your Life.

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Uniforms.....

The members attending the meeting held the end of March voted on the official club uniform. At this time, orders for about 30 uniforms were placed. You may still order, however. The uniform colors are blue and silver. The club's emblem will be in silver on the front of the top. The approximate cost per uniform is \$18. As was mentioned, you may still order.

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Discounts.....

Denny wright and Gary DuPuis from Performance Sports attended our last meeting. Along with a variety of samples and styles of running gear, they passed out discount coupons to the members of our club. These coupons enable our club members to shop at Performance Sports and pay a discount on merchandise. Thanks Denny and Gary!!!

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Race Results...

Steve Currins *attended the* North American Masters Track & Field Championships and ran 1500 meters in 4:13.2 (12 lap track) on March 15, 1981. Congratulations, Steve! *(HE TOOK FIRST PLACE!)*

Ellen Currins ran the Legg's 10K on April 5th with a time of 43:40, 2 minutes better than her previous best. Keep it up, Ellen!

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Elections and Dues...

We will be electing new officers on Wednesday April 29. Please be prepared to pay your dues for the 1981 season. In order for us to get out a monthly newsletter those funds are important.

Fun Runs.....

Remember, the fun runs begin on Thursday April 30th, 7:00 P.M. at Small Memorial. They will run thru the summer on Thursday evenings. The 5K Series will run as before as well, sponsored by our good friends the McDonald's People.



## Handling the Heat

Steve Currins

A new road racing season is fast approaching. With it will come new ambitions, high goals, and plenty of races. However, there should be some precautions taken by all.

Last summer two people died in a ten-mile race in Herndon, Virginia. Numerous other cases of severe illness occurred in area races at Crete and Hoopeston. The cause of all these was heat stroke.

In heat stroke there is a complete failure of the sweating mechanism. The runner lapses into unconsciousness with a warm, dry skin and a body temperature of 105 degrees Fahrenheit, or higher. And contrary to popular belief, it doesn't happen to just the inexperienced runner. Two seasons ago, at Falmouth, Mass., Alberto Salazaar, the winner of the 1980 New York Marathon, was rushed to the hospital with heat stroke and a body temperature of 106 degrees. He nearly died and spent several days recuperating.

As runners, there are some basic precautions to be taken to prevent heat stroke.

### 1. Know Your Capabilities

One needs to know the type of race for which he is preparing. Consider both time and distance. If the weather is hot, plans must be altered. Learn to listen your body. Know how it reacts under various situations.

### 2. Taper

If you have plans of running a "hard" race, lighten up your training schedule for a few days before it. Don't go into a race in hot weather feeling tired.

### 3. Control Food Intake

Eat lightly before a race. Blood is needed to move the legs and carry excess heat to the surface. Undigested food may interfere with these functions. Drink before the race, more so in hot weather. Water is preferred, as coffee and juices tend to cause the runner to urinate too soon. Also, drink water during the race on hot days. You must drink before you feel hot and faint.

### 4. Know the Course

This is always helpful. In the race at Herndon one victim was found 300 yards off course. Besides where you are going, it is helpful to know if shade exists, the type of surface (asphalt, rocky roads, etc.) and the amount of hills.

### 5. Be Wary of Late Races

Races that start late in the afternoon increase the risk of heat stroke. The sun is at its peak and the roads may be quite warm. Also, races that do not start on time contribute to the problem as people have been standing in the sun for a while.

### 6. Don't Be Too Competitive

what. If you start feeling ill be cautious.

#### 7. Help Others

Be on the look for thers who may be experiencing trouble with the heat. If you see someone who appears to be in danger, talk to them. Ask questions such as "What's your number?" A person who is suffering from heat stroke has trouble answering such questions. An athlete about to suffer heat stroke will experience a sensation of extreme heat, cessation of sweating, mental confusion, and incoördination.

Being cautious and realizing heat stroke can happen will do much to help prevent it. If someone does suffer heat stroke, the important thing is to reduce the body temperature immediately. Immersion in a tub of ice water, or the application of cold towels, constitute the best way to reduce body temperature. Massaging arms and legs will help stimulate circulation and thus more rapidly cool the body. All untreated victims of heat stroke will die. Delay in treatment may result in brain damage