



## Adverse Weather Conditions Policy

The Franklin Classic follows the recommendations of the Road Runners Club of America concerning adverse weather conditions. This policy is as follows.

The race will be cancelled, postponed, modified or shortened by an appropriate amount if:

1. The dew point is 80 degrees F or above, or
2. Lightning is present.

The race committee and medical director will determine whether to modify, postpone or cancel the race. This is a charitable event, no refunds will be given if the race is postponed or modified because of adverse weather conditions.

## Tips for Staying Cool

Running in the heat can be dangerous if the proper precautions and preparations are not followed. The following are some of the RRCA Sports Committee's recommendations for running in a hot environment:

1. **Hydrate the day before the event by drinking at least 64 ounces of water.**  
Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indicators that you are running dehydrated are a persistent elevated pulse rate after finishing your run, and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
2. When running, if you become dizzy, nauseated, have dry skin or the chills...STOP running and try to get a drink. If you do not feel better, get help.
3. If you have a heart or respiratory problem or you are on any medication, consult with your doctor about running in the heat. In some cases it may be in your best interests to run indoors. Also, if you have a history of heat stroke/illness, run with extreme caution.
4. Children should limit their running in the heat due to their lower tolerance of heat.
5. Avoid plastic sweat suits, late morning races, salt tablets, and consuming drinks with high sugar concentration. Avoid running ill.
6. DO wear light colored clothing, check hair and body for ticks after running in the woods, drink plenty of water, listen to the race director's pre-race announcements regarding the heat/humidity prior to racing, and tell someone your running route.