

# TeamJet Hawaii Marathon Clinic 2009

## Newsletter

“Many of life's failures are people who did not realize how close they were to success when they gave up.” Anonymous

**This Weeks Goals:** This week is somewhat easier week due to the Sunday run being longer than most were used to and the race being on Saturday! I want everyone to focus on the races and long runs more than the workouts this week.

### **This Weeks Workouts:**

**Tuesday:** Hilly run

**Thursday:** Free Fartlek

**Saturday:** 25km race in Kailua

<http://www.teamjethawaii.com/calendar.php>

Or

<http://www.808racehawaii.com/STARN%2025k.html>

**Sunday:** No TeamJet Run

### **On My Mind: Heat**

Running in the heat is something that must be taken with caution. Below is a chart that will tell you when it is too hot to risk running. Across the top is the reading on your thermometer and down the side is the humidity. With this table you can determine what it feels like outside to your body.

### **The Heat Index Table**

| Humidity(%) | Relative Environmental 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 |

**If you have anything you would like to have discussed or addressed, please let me know, and I can write a bit about it, or bring it up at team practice (if it's a quick answer...) . I am more than happy to answer any and all emails, so do not hesitate to ask!!!**

Chad Walton, 2009 TeamJet Hawaii Marathon Coordinator, [cwalton@hawaii.edu](mailto:cwalton@hawaii.edu), 489-2543

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|      |    |    |    |     |     |     |     |     |     |     |  |
|------|----|----|----|-----|-----|-----|-----|-----|-----|-----|--|
| 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 | 88 | 102 | 122 |     |     |     |     |     |  |
| 100% | 72 | 80 | 91 | 108 |     |     |     |     |     |     |  |

At an apparent temperature of:

90-104 Heat cramps or heat exhaustion possible

105-130 Heat cramps or heat exhaustion likely, heatstroke possible

130-more Heatstroke highly likely

There are ways to beat the heat. The most important is to hydrate properly. You should drink at least ten eight ounce glasses of water a day. Also running at the cooler times of the day, at night, or under shade is important, so we will be shifting some runs to 6am when we know it will be at a warmer locale. Also wear sports sunscreen and a hat during the long runs, as well as sunglasses to protect your eyes.

**If you have anything you would like to have discussed or addressed, please let me know, and I can write a bit about it, or bring it up at team practice (if it's a quick answer...) . I am more than happy to answer any and all emails, so do not hesitate to ask!!!**

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