

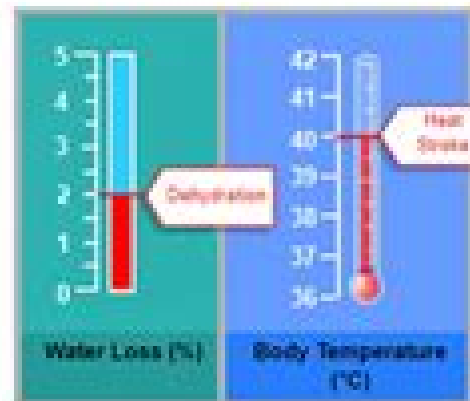
Running in hot weather

INTRODUCTION

During long-distance running, body temperature rises and sweating occurs.

If runners do not drink enough to replace the water they lose through sweating, they can experience dehydration. Water loss of 2% of body mass and above is considered to be a state of dehydration. This percentage is labelled on the water loss meter shown below.

If the body temperature rises to 40°C and above, runners can experience a life-threatening condition called heat stroke. This temperature is labelled on the body temperature thermometer shown below.



Running Hot

**Great Britain. Royal Commission for
the Vienna Universal Exhibition of
1873**

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Money Disbursements of Wage Earners and Clerical Workers in Five Cities in the Pacific Region, 1934-36 United States. Bureau of Labor Statistics, Faith Moors Williams, 1942 **Report of Jury Trial. The Duke of Buccleuch, Lord Melville, and Sir James Williams Drummond, Pursuers; Against Alexander Cowan & Sons [and Others] ... Defenders ... at Edinburgh ... July, and ... August, 1866. From the Short-hand Notes of ... J. Irvine Smith** Walter Francis Montagu Douglas SCOTT (Duke of Buccleuch.), 1866 **New York Magazine**, 1984-02-27 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Report of the Proceedings of the ... Annual Convention of the Master Car-Builders' Association ...** Master Car Builders' Association, 1898 Bee Master, Or Beekeepers Journal, 1897 *Bulletin of the Bureau of Labor Statistics*, 1940 **Locomotive Engineering**, 1897 **Machinery** Fred Herbert Colvin, Lester Gray French, 1935 Bulletin, 1951 **India Guide Gujarat** Anjali H. Desai, 2006-11 Guidebook to Gujarat state arranged by region *Military Railways* Great Britain. War Office, 1898 *Cases Determined in the St. Louis and the Kansas City Courts of Appeals of the State of Missouri* Missouri. Courts of Appeals, 1893 National Car and Locomotive Builder, 1892 **Brotherhood of Locomotive Firemen and Enginemen's Magazine**, 1897 **Official Proceedings Saint Louis Railway Club** Saint Louis Railway Club, 1896 **Enginemen's Manual** William Peter James, 1917 *The Electrical Engineer*, 1897 **Reports on the Vienna Universal Exhibition of 1873** Great Britain. Royal Commission for the Vienna Universal Exhibition of 1873, 1874 *Brotherhood of Locomotive Engineers' Monthly Journal*, 1895 **The Louisiana Planter and Sugar Manufacturer**, 1897

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