

Summer Running Safety *(Interview Transcripts)*

Garrett Beyer, Orthopedic PA, OSF HealthCare

“There is definitely a difference to running in the fall or spring compared to the summer, especially in Chicago. It could mean a difference of 50 or 60 degrees, which is pretty substantial as far as the amount of work that is required from your body to perform at the same level that you might have been performing at in cooler temperatures.” (:25)

Garrett Beyer, Orthopedic PA, OSF HealthCare

“Being well-hydrated I think is probably the most important thing about trying to exercise in a hotter climate. What that looks like is drinking a glass or two of water – not right before you run, because that can upset your stomach – but maybe 20 or 30 minutes before you run to pre-hydrate yourself. And if you are going on a run longer than 30 minutes, it’s really important to make sure you have some kind of hydration to sustain you.” (:33)

Garrett Beyer, Orthopedic PA, OSF HealthCare

“The appropriate clothing – so fabrics that are lighter in color and lighter in material. That alone will make a big difference in keeping you cool. And if you can find clothes that have ventilation or mesh, those allow more air in which will keep you cooler and allow you to perform at a higher level.” (:22)

Garrett Beyer, Orthopedic PA, OSF HealthCare

“Ice is helpful because it causes your blood vessels to shrink a little bit, or constrict. So it brings in less fluid and therefore the swelling will come down. Particularly with swelling, ice is a lot better. Heat will do the opposite, so I would not recommend heat for swelling. If you know that your pain is coming from a muscular source, that would be a good time for heat because that would help dilate those blood vessels.” (:36)

Garrett Beyer, Orthopedic PA, OSF HealthCare

“If you’re feeling really lightheaded, if you have a severe headache, if you are throwing up or feel nauseous, if you have severe muscle cramps – those are all signs of heat exhaustion or heat stroke. Especially when the temperatures get into the 90s and even over 100 degrees, that happens quite frequently. So make sure you are aware of those signs and if you are experiencing any of those, make sure you seek medical help immediately.” (:28)