

## **GISH Cross Country – Running SAFELY (and other items)**

No Matter How Right You Are and How Wrong They Are, If a Vehicle Hits You, YOU LOOSE!

1. When possible, RUN against traffic. Better yet, run on a sidewalk or on grass.
2. At intersections, LOOK ALL directions. Even though you may have the “right-of-way”, don’t bet your welfare on it.
3. Vehicles turning from YOUR LEFT (if you’re running against traffic) SELDOM look to their RIGHT (yes, that’s where you are).
4. Run with OTHERS. Stay with at least one teammate - there is usually safety in numbers.
5. Stay on COURSE. The route that a coach assigns you to run, STAY ON IT. This is the easiest way for someone to find you.
6. Tornado Warnings. If the sirens go off while you’re running, go to the nearest public building (school, library, etc) if POSSIBLE – call GISH to let them know where you are. DO NOT TRY TO OUTRUN a tornado.
7. Train Crossings. If the gates go down, DON’T go around. Do not try to go between stopped railroad cars. Wait till crossing is clear (just jog in place).

### **Hydration/Dehydration**

Fluid intake is essential for optimal performance. There are lots of different factors that will affect how hydrated an athlete is. Two very simple methods of estimating adequate hydration are:

1. Monitoring urine color and output. Lightly colored, diluted, or clear urine probably means you are hydrated. Dark colored, concentrated urine probably means you’re dehydrated and need to take in fluid.
2. Weighing yourself before and after exercise. Weight lost during exercise generally is fluid; replenish what you lost.

What type and when you take in fluid will affect performance. The best fluid to take is WATER if you have a good diet. For ACTIVE people, sports drinks with carbohydrate polymers, electrolytes, and protein ingested appropriately can be beneficial.

1. Hydration prior to running:
  - a. Drink 15-20 oz, 1 ½ - 3 hours before exercise.
  - b. Drink 8-10 oz, 10-15 minutes before exercise (water ONLY).
2. Hydration POST running:
  - a. Replace what fluid you lost during exercise (20-24 oz per pound lost).

- b. Drink fluids that have a 4:1 ratio of carbohydrate to protein within 1-½ hours of running to help replenish glycogen.
3. Avoid CARBONATED and/or CAFFINATED fluids; these will DEHYDRATE you.
4. Fluids during practice – as needed. If you're "thirsty" you're already dehydrated.
5. Fluids during a Cross Country RACE (4k-5k). If you're well hydrated PRIOR to the race, you DO NOT NEED any fluid intake DURING the race. If WATER is available, and you're "thirsty", take some.

## **Diet**

From Hal Higdon, American runner and author:

The recommendations for a healthy diet suggest 15 to 20 percent proteins, 30 percent fat and 50 to 55 percent carbohydrates. But all carbohydrates aren't created alike. There are simple and complex carbohydrates. Simple carbohydrates include sugar, honey, jam, and any food such as sweets and soft drinks that get most of its calories from sugar. Nutritionists recommend that these simple carbohydrates make up only 10 percent of your diet. It's complex carbohydrates you should concentrate on--the starch in plant foods--which include fruits, vegetables, bread, pasta, and legumes.

Many runners' eat only carbs and totally avoid protein-rich foods the days before their event. Bad idea. Your body needs protein on a daily basis. Hence, you can and should eat a small serving of low-fat protein--such as poached eggs, yogurt, turkey, or chicken--as the accompaniment to most meals (not the main focus), or plant proteins such as beans and lentils (as tolerated).

Endurance athletes in particular benefit from fuel-efficient complex carbohydrates because of the extra calories burned each day. You need to aim for even more total carbohydrates than the suggested 50 percent. You can eat (in fact, may need to eat) more total calories without worrying about weight gain. The average runner training for a half marathon and running 20 to 25 miles a week probably needs a daily caloric intake near 2,500 to maintain muscle glycogen stores. As your mileage climbs beyond that, you need to eat more and more food, not less. In all honesty, this is why a lot of runners run, and why they train for marathons. Their common motto is, "I love to eat."

Carbohydrates are particularly important the night before your race, and

even before your long runs or walks leading up to your race. That's one reason why a lot of endurance races offer "pasta parties" the night before. Be sure to drink plenty of fluids the day before the race, but stay away from diuretics that contain alcohol or caffeine. It's also a good idea to top off your fuel tank with a light carbo snack before going to bed.

### **Clothing**

Always bring an extra pair of socks to practice and to meets. If your shoes get wet (soaked) and your socks start to "roll up" you'll want to change them ASAP. Since weather conditions can change very quickly, always have extra FOUL WEATHER clothing at school and at meets. Bring extra clothes to change into and to keep warm and dry (socks, sweats, gloves/mittens, long sleeve T-shirt, stocking hat, etc). It's better to have it and not need it than to wish you had brought it along!