

HOT RUN

Anne Santaniello

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A long run or fast workout is hard enough, let alone a race. Like a friend of mine always says: In the heat, I don't compete! Even if you just take.

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Hot Run in the Summertime - Road Runners Club of Woodbury

(of an electrical or mechanical system) To produce excessive heat while operating. (of a bus following a regular schedule) To run ahead of schedule. quotations.

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Again thank you and all the best to you and the team at Running Hot Coaching. Water fountains are the obvious choices, but there are many more possibilities. Heat cramps are muscle cramps caused by large fluid and electrolyte losses. Need to give your event a boost? Get in touch with him if you something to say, or want to weigh in on an interesting topic at [hello runsociety](#). This puts you at greater risk of dehydration. We don't believe Hot Run the oldt religious affiliation required!