



It's Not the Heat, Nor the Humidity

It's the dew point. That's the meteorological measure that best predicts how tough your summer running is going to be.

Simply put, the dew point is the temperature at which water condenses. The closer the dew point is to the air temperature, the more saturated the air is and the less perspiration can evaporate and help the body cool itself, resulting in extra stress on the heart and lungs as the body attempts unsuccessfully to cool itself. Accordingly, the dew point provides a strong indicator of how you'll feel running and a useful tool in predicting how much performance will be impacted.

DEW POINT TEMPERATURE °F	RUNNER'S PERCEPTION	HOW TO HANDLE
50–54 degrees	Very comfortable	PR conditions
55–59 degrees	Comfortable	Hard efforts likely not affected
60–64 degrees	Uncomfortable for some people	Expect race times to be slower than in optimal conditions
65–69 degrees	Uncomfortable for most people	Easy training runs might feel OK but difficult to race well or do hard efforts
70–74 degrees	Very humid and uncomfortable	Expect pace to suffer greatly
75 degrees or greater	Extremely oppressive	Skip it or dramatically alter goal