



SAFETY FIRST: PLEASE READ

Emergency Contacts

Please **program the following numbers into your mobile phone and carry your phone with you on every run or walk.**

- **Los Gatos Fire Department Dispatch:** (408) 299-3144
Use this number for any medical emergency.
- **Los Gatos Police Department Dispatch:** (408) 354-8600
Use this number to report collisions, suspicious activity, or safety concerns.
- **Rancho San Antonio District Rangers:** (650) 968-4411
24-hour dispatch for Rancho San Antonio Park.

Hydration & Nutrition

Always **carry water and nutrition** with you on every run or walk. Proper fueling and hydration are essential for both performance and safety.

Sun Protection

Please apply **sunscreen before every run or walk.**

- **Road Runners of America (RRCA):** SPF 45 or higher is recommended to help protect your skin from sunburn. Having **five or more sunburns doubles your risk for melanoma** (skincancer.org).
 - **Runner's World:**
20 Best Sweat-Resistant Sunscreens for Runners/Walkers
<https://www.runnersworld.com/training/g19576604/best-sunscreen-for-runners/>
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Running & Walking Safely in Hot Weather

Guidelines from Road Runners of America

- **Be alert:** Heat and humidity increase the risk of illness if proper precautions aren't taken.
- **Avoid dehydration:** You can lose **6–12 ounces of fluid every 20 minutes**, especially in hot conditions.
- **Pre-hydrate:** Drink **10–15 ounces of water 10–15 minutes before** your run, and sip water **every 20–30 minutes** during exercise.
- **Carry water:** Always bring water, and for runs over 60 minutes, plan routes where you can refill.
- **Understand heat index dangers:** Avoid outdoor activity if temperatures exceed **98.6°F** and humidity is **70–80% or higher**. High humidity limits sweat evaporation and can cause rapid overheating.
- **Know the warning signs of heat illness:** Dizziness, nausea, chills, or stopping sweating are serious signals. **Stop immediately**, find shade, hydrate, and seek help if symptoms persist.
- **Recognize heat stroke:** Confusion, delirium, loss of consciousness, or skin that is red, hot, and dry (even under the arms) are medical emergencies.
- **Get help immediately:** Heat stroke is **life-threatening**. Call **911**.
- **Check with your doctor:** If you have heart or respiratory conditions or take medications that affect heat tolerance.
- **Dress for the conditions:** Wear light-colored, breathable fabrics. Avoid long sleeves, long pants, or sweat suits in hot weather.
- **Apply sunscreen:** SPF 45+ is recommended for skin protection.

Shoe Tags

Please **pick up a shoe tag**, complete the back with your **emergency contact information**, and **wear it during all San Jose Fit programs**.

Health Reminder

If you're feeling unwell or recovering from illness, we encourage you to **rest and return when you're fully recovered**. Your health and well-being always come first.