

## MEDICAL DIRECTOR



The Ultrarunning World Championship is proud to have Dr. David Ruttum as the race's medical director.

David is accomplished ultra runner, and competes in races around the World. David lives, trains and practices in Vail at the Vail Valley Medical Center.

\* [Information from Vail Valley Medical Center](#)

SPECIALTIES- Anesthesiology

LANGUAGES- English

EDUCATION- University of Wisconsin School of Medicine

RESIDENCY- Medical College of Wisconsin

FELLOWSHIP- University of Pittsburgh

BOARD CERTIFICATION- American Board of Anesthesiology

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Mountain weather can be very unpredictable. In the Colorado high country, hypothermia can be an issue for runners in any month of the year. Hypothermia dulls your brain and reduces your ability to make good decisions so think about hypothermia prevention before race day!

Hypothermia can be avoided by:

1. Provide energy to your body to produce heat
2. Reduce heat loss with clothing
3. Stay Dry
4. Continue Moving

Providing energy to your body, whether solid food or warm drinks, will enable your body to burn calories and produce heat. Eat and drink regularly so that your body continues to produce heat to keep you warm. Next, wear proper clothing to retain heat and reduce wind exposure. In the mountain you should dress in layers because one moment it can be warm, the next cold. Wind exposure magnifies heat loss from bare skin. Carry extra clothing (see below). Avoid getting wet. This means that you should minimise sweating by dressing in layers and wearing waterproof outerwear to stay dry in wet weather. Lastly, continue moving. Movement means that your muscles are contracting and producing heat- this keeps you warm. As soon as you stop moving, your body reduces heat production and you will get cold. If you need to stop for a longer period of time at an aid station then wear extra clothing, drink warm fluids, eat warm food, and sit near a heat source.

The following are suggested clothing items for mountain running. Make a good decision on what

to carry on race day. Remember, saving a few grammes by leaving an essential piece of clothing at home may cause you to DNF. Bringing that essential piece of clothing might cost a bit of energy, but that will keep you warm and propel you to a strong finish.

Short sleeve quick drying shirt

Long sleeve thermal top (heavier or lighter depending on expected weather)

Heavy insulation layer like down or fleece

3/4 pant

Full length pant

Arm warmers

Gloves/Mittens

Buff

Winter hat

Baseball type cap

