Viral infections may adversely affect the ability of an individual to regulate his body temperature as well as having potentially dangerous effects on the myocardium. For these reasons, it is most unwise for any individual to take part in a marathon race, or other hard physical activity, while suffering from, or recovering from, such an illness.

These precautions will not guarantee immunity from heat-related problems, nor will they compensate for lack of adequate training in the pre-competition period, but they may help to reduce the number of casualties on race day.

ACKNOWLEDGEMENTS

R. J. Maughan is supported by a grant from Shell (UK) Exploration and Production Limited.

References


