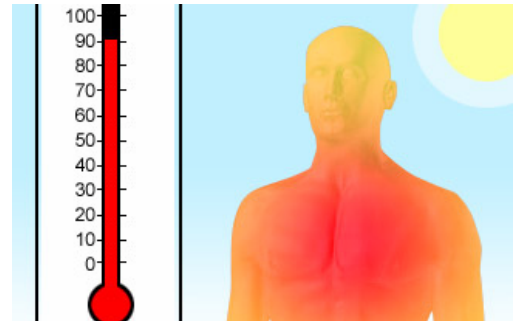




The Heat Is ON (Heat Exaustion)

Summer is upon us and so far has been fairly warm and humid. Drivers sitting in their cars in the hot pit and driving on the track can easily lose a pound of water or two in a single session. (Note that a pound of water is equivalent to about a Pint.). YES, it is possible. I have dealt with many heat related injuries over my career as a Cincinnati Fire Fighter and know that it can happen quickly. Although most people suffer the effects, the outcome is usually good, but most people are not driving at 120 – 150 MPH either. On track symptom of heat exaustion can be devastating to you and other drivers around you.

You know the symptoms **before** you get on the track. Heat exaustion is one of the heat-related syndromes, which range in serverity from mild heat cramps to heat exaustion to potentially life threatening heatstroke.



Signs and symptoms include things such as:

- Feeling faint or dizzy
- Nausea
- Mental confusion
- Heavy Sweating
- Rapd, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Heat cramps
- Headache
- Fatigue
- Dark colored urine (yes, you should pay attention to this)

RAFT

If you suspect heat exaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exaustion can quickly become heatstroke.
- Be aware that some medications can make you more vulnerable to heat exaustion. For example, painkillers can mask some of the symptoms of heat exaustion, and laxatives can increase the risk of dehydration.



The —Black —Crack —Report



The addiction you don't want to fight

Bluegrass Motorsports Park Update

Unfortunately, I have had to cancel the August 8th & 9th event at Bluegrass Motorsports. At this time, I have closed all registration on the website until such time that the track is actually ready for racing. It has been a very difficult year with the cancellations etc. but I am optimistic that when the track is finally completed, we will be having some great events there.

I will keep you posted on the progress of the track and our schedule.

Our Next Event

We are planning a great w/e at Putnam Park on August 29th & 30th. You can visit our website at www.1010thsMotorsports.com for details and registration.

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