

Hydration Talk

Intro:

I don't have to worry about hydration in the winter. Just run, if I'm thirsty, then I'll drink latter right? WRONG!!!

Why?

1. Dehydration is asymptomatic. You don't know you're doing yourself harm unless you are proactive.
2. Runners underestimate the amount they sweat in the winter and tend to under hydrate. I'll bet after a long run even if it's 30's when you get home and take off all those layers you'll find they are all damp to wet! Takes a lot of sweat to spread to all those layers
3. Dehydration can have multiple sources and the effects are additive: exercise, diabetes, alcohol consumption, medications all contribute.

Trust Thirst? Nope!

1. In general, need to lose 2% of your body weight before you'll even begin to be thirsty. Loosing 2% of body water is not dangerous as long as you put it back before you run again.
2. Diabetes, alcohol consumption, some medications like diuretics for high blood pressure can add to the dehydration caused by running.

Long Term Problems – Chronic Dehydration, Kidney Damage – mild dehydration day after day without replacing fluids.

- Asymptomatic
- Damages the kidney if chronic and can cause kidney stone
<http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx>

Quote from Mayo Clinic article - <http://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/dxc-20261072>

“Prolonged or repeated bouts of dehydration can cause kidney stones, and even kidney failure.”

Short term Problems– Reduced running performance

Easier to drink from a bottle when you don't have to remove the top than from a cup at a water stop. Amphoid, Nathan, Camelback.

Short term Problems– Heat exhaustion, Heat Stroke – mostly in the summer but getting dizzy/nausea happens in the winter too.

Heat exhaustion - If you're out running and start feeling faint, dizzy, disoriented, nausea are warning signs of heat exhaustion,

Heat Stroke - Headache, confused, dry skin, red in the face are signs of heat stroke which is more serious and requires immediate medical treatment. Call 911.

If you or anyone you are running with:

1. Stop running

2. Get out of the sun/heat as much as possible
3. Give them water
4. Cool towels, water over the head if available.
5. If symptoms don't start to get better in a few minutes, treat as a medical emergency and get them a ride to a hospital or ER.

The Plan

How to know if you are drinking enough water during and after a run:

- a. No alcohol 24 hours before a long run.
- b. If you run 1st thing in the morning, you are slightly dehydrated from not drinking overnight – have some – I drink 8 oz.
- c. If running over an hour, carry water with you. Learn how to drink on the run. Many equipment options. 8 oz per hour, I carry 16 oz. Good for a 10+ miler.
- d. When running, run by effort not necessarily pace – slowdown in the heat.
- e. I weighed myself before/after different runs and found I lose about 4 -6 pounds (of water weight) in the summer. After a run, when I get home I immediately drink (4 lbs * 16 oz/lbs) 64 ounces of water. If it was extra hot or I went more than 6 miles, I added another 32 oz.
- f. The next time I urinate after drinking the water + about 15 minutes, I check the color of my urine in the toilet. If it's clear or just slightly yellow, I'm done and I can just sip water. If not I take more water. As always this isn't as simple as it sounds as some medical conditions or medications change urine color. This article is very good and covers all the bases of what should be a simple topic: <http://edition.cnn.com/2016/02/15/health/pee-color-health-indicator/>

Hydrating while running:

1. Carry water or your favorite hydration fluid.
2. Experiment to see how much water you can drink without causing GI issues.
3. Drinking on the run is a learned skill. Much easier to drink from a water bottle than a cup so I even carry water during a race.
4. If symptoms appear, take them seriously and walk, get help.
5. Look out for you buddies: If you see someone you are running with is struggling, appear dizzy or red, offer to slow down or walk so they don't feel obligated to keep going. No one wants to be the person who stops someone else from running. Remove the stigma or their reluctance to do the right thing and slow or stop.

Other References

General rules of thumb for running in the heat:

http://running.competitor.com/2017/05/training/run-hot-summer_164539

Excerpt from a book Fluid Balance, Hydration, and Athletic Performance:

<https://books.google.com/books?id=z26mCwAAQBAJ&pg=PA146&lpg=PA146&dq=why+is+thirst+a+poor+indicator+of+dehydration&source=bl&ots=ccogI0pJDZ&sig=EILH7G4>

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