

Are you drinking too much?

As the number of first time marathoners who toe the starting line increases so has the number of race fatalities. More and more you read about a runner who collapses and later dies from running a marathon. Why is this? Well, a lot has to do with the Charity running programs such as the Leukemia Society's Team 'N Training program. Charity programs take never before runners and train them to run their first marathon. Typically a coach is provided to offer training support, however, when a first time runner hears their coach say "drink, drink and drink some more" they literally will drink themselves into a state of hyponatremia or water intoxication. When you drink too much fluid, you flush much-needed sodium and other minerals out of your bloodstream. Sort of like when you over water your lawn it turns yellow because you have leached out the minerals. The lack of sodium and electrolytes can lead to seizures, fluid in the lungs, respiratory arrest and death if the runner is not given proper treatment. Hyponatremia occurs in a

marathon or endurance event when an athlete has diluted their blood sodium levels through excessive water intake.

So just how much is enough?

United States of America Track and Field (USAT&F) recently issued new guidelines regarding hydration.

1. Long-distance runners should consume 1 liter of fluid for every liter lost during a race or long training run, equaling a 1:1 ration.
2. Runners should begin races and training runs well-hydrated. You'll know you're hydrated when your urine is clear or pale yellow, not dark yellow. (A caution, however, some vitamins will cause your urine to be bright yellow or orange as a signal that it is not being absorbed. This does not mean you are dehydrated.)
3. Drink only when thirsty during a race or long training run, not every mile or so. (I will debate this point).
4. Rather than plain water, drink a sports drink that contains sodium and other electrolyte.

I think the month of June is perhaps the most enjoyable month of all for running unless you have allergies! The flowers and trees are all blooming, the weather is warmer, however, not too hot and the summer racing scene has started!

June is also a very important month for those of you who have aspirations of running a Fall marathon or ½ or full IM triathlon.

This month you will notice an increase in your total training time. This means you are also at risk for injuries unless you listen to your body's warning signals very carefully. Do not go into denial and say to yourself that the ache in your back or the pain in your knee will simply "go away". Listen and react.

Race Results:

Robin Fitch ran a very impressive personal best 4:14:26 at the San Diego Rock 'n Roll Marathon

Dan Inman ran a 3:45:38 which I believe is close to his best also at the Rock 'n Roll Marathon. (Note, Dan did this on an abbreviated 12 weeks of training!)

June Training

New Members

We have had several new members join the Group Runs. Please welcome:

Gordon Heuser

Emily Simon

Jim Gessert

Susan Junkin

Jay Curtis

Barb Mollner

John O'Neill

Training Locations

6/08 – Garden of the Gods.

6/14 – Colorado Running Company. 8:00 am

6/21 – Sailin' Shoes 5 k/10k

6/28 – Colorado Running Company. 8:00 am.

Wednesday Group Runs will all meet at Monument Valley Trail at the Water Cooler 12:00 noon or 5:30 pm

*Beginning in July we will start the Saturday morning endurance runs at 7:00 am sharp!

**Happy
Training!!!**

Coach Lisa