



### Hydration Facts and Advice

#### Top Tips for maximising your performance from the scientists at the Gatorade Sports Science Institute!

- 1. Be prepared.** Also make a note of where the aid stations are as it's important you use these wisely throughout the race to remain hydrated. Also make sure you arrive at the race in good time to avoid stress and panic before the race.
- 2. Pace your race.** Use the fluid stations wisely. The goal is to minimise dehydration. You should be aware of your sweat rate and drink to match, not exceed, your rate. Overdrinking – taking in much more fluid than is lost through sweat – can be dangerous.
- 3. Know your limits.** If you feel ill, don't just power through, seek medical advice. Athletes who familiarise themselves with the warning signs of dehydration are better prepared to protect themselves. Don't rely on thirst alone, as this is a delayed reaction to dehydration. Decreased performance, nausea, light headedness, difficulty concentrating and muscle cramps are all signs that you need to replace fluids.
- 4. Long term training.** Be sure to try your fluid replacement drink months in advance to make sure it's right for you and you know how much you should be drinking. During training, weigh yourself before and after long runs and learn to adjust fluid intake to minimise weight loss (as weight loss is a sign of dehydration).

5. **Fuel up before a race.** Before a race drink plenty of fluids. However, there's no need to over-hydrate. Consuming no more than 600 ml of a sports drink or water two hours before the race is about all you should need.

6. **Cool your engine, not your head.** Pouring fluids over your head may feel good, but it will not keep you cool. Sweating is what helps keep the body cool and for it to be an effective process you need to keep adequate fluids on board.

7. **Drink sports drinks rather than water.** A properly formulated sports drink, like Gatorade, goes further than water alone because it provides carbohydrate energy and helps you replace the sodium you lose through sweat. Flavour in a sports drink encourages drinking which will help you stay better hydrated than when drinking water alone.

8. **Recovery time.** When you cross the finish, it is important to keep re-hydrating, replenishing and refuelling. Consuming a sports drink and foods containing sodium helps to promote rapid and complete re-hydration.

10. **Most of all enjoy the race!**

**Gatorade and the GSSI continually conduct research and develop materials to help educate sports health professionals and help athletes perform at their best. Following these tips will help ensure you perform at your peak safely and effectively.**