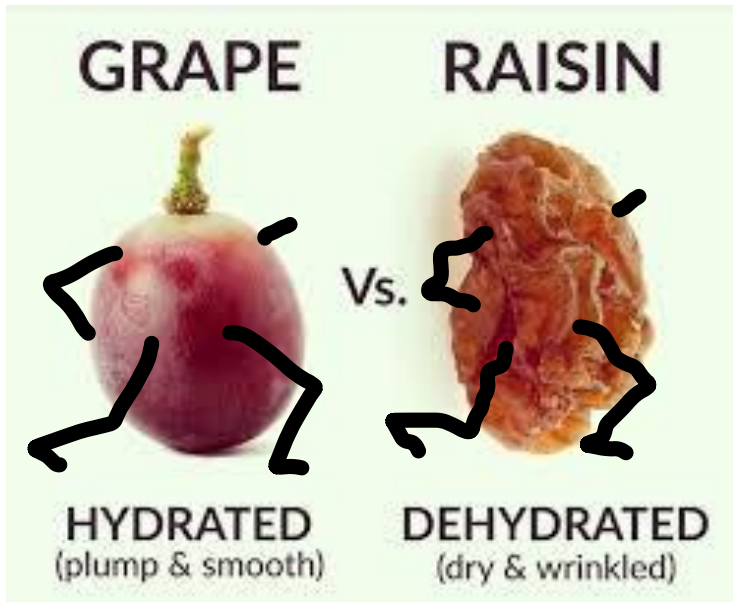


# HYDRATION GUIDELINES FOR RUNNERS



- Studies show that 75% of Americans are walking around dehydrated. If you fall into that category — and you're a runner, this will absolutely have a negative impact on your workout or race!
- Feeling thirsty happens after you are dehydrated; You should try to prevent feeling thirsty.
- Common symptoms of dehydration: Fatigue, dry eyes, dry mouth, cramps, headache, muscle spasms and runners may notice they stop sweating while on a run when they previously were sweating.
- If the rehydration process is not started after the run, dehydration can continue to negatively impact the body for hours or even days after the workout or race.

**Hydrated**

These colourations 1 – 3, show that you are fully hydrated. However if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

**De-hydrated**

Level 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

2-3 Hours Before Run	30 Minutes Before Run	Every 15 Minutes During	Immediately After Run
Drink 16-24 oz (2-3 cups) of fluid	Drink 8 oz (1 cup) of fluid	Drink 4 oz (½ cup) of fluid	Drink at least 16 oz (2 cups) for each pound lost
		 Every 15 Minutes	 For every pound lost