



ATHLETE TESTING OPPORTUNITY at the 2018 IRONMAN World Championship

by



Do you know your sweat rate and sweat sodium losses?

In 2003 we discovered there was a large variation in sweat rate and sweat sodium losses in athletes competing in the IRONMAN World Championship. Athletes tested during race week lost between ~300 and 3900mg of sodium in their sweat per hour (*Pahnke et al., Med Sci Sports Exerc, 42(9), 2010*).

Gatorade Sports Science Institute scientists are providing a unique opportunity at the Gatorade Endurance booth at the Ironman World Championship for participating Kona athletes to have their sweat and sodium losses evaluated.

When:

- Tuesday, October 9th through Thursday, October 11th
- One hour time slots between 8:00am – 5:00pm

Where: The Gatorade Endurance booth at the 2018 IRONMAN World Championship Village in Kailua-Kona, HI.

What:

- The sweat test will take approximately 60 minutes of your time and participation will include all the below :
 - riding your bike on a stationary trainer for 30 minutes at your preferred race intensity, following a 15 minute warm-up,
 - measuring fluid loss (through body weight measurements immediately before and after the ride),
 - measuring fluid intake during the ride (Gatorade Endurance Formula and water will be available),

- sweat sodium collection via forearm sweat patches
- After completion of the analysis, athletes will receive a personalized report detailing fluid and sodium losses as well as sports nutrition recommendations.

For more information or to register, contact Dr. Matthew Pahnke at www.gssiweb.org/kona-2018-registration **Space is limited and will be first come first served so register today!**