



ATHLETE TESTING OPPORTUNITIES at the 2017 IRONMAN World Championship

by



Do you know your sweating rate and sweat sodium losses?

How effective is your race week taper?

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 3900 mg of sodium in their sweat per hour (*Pahnke et al., Med Sci Sports Exerc, 42(9), 2010*). We also learned that there is a relationship between sleep quality and race performance (Pahnke et al., presented at ECSS, Essen German 2017). In 2015/2016 we offered athletes the opportunity to have their fluid and sodium losses determined during cycling and/or running. Due to athlete demand and interest, the Gatorade Sports Science Institute is expanding the opportunities in 2017 to include fluid and sodium loss testing to also include swimming, as well as expanding to race readiness and sleep analysis.

The unique opportunities will be held at the Gatorade Endurance booth at the 2017 IRONMAN® World Championship for participating Kona athletes to have their sweat and sodium losses evaluated while swimming, cycling and/or running. Additionally, they will also have the opportunity to have their recovery metrics (i.e. stress hormones (via saliva), sleep (quantity and quality), nutrition, etc.) measured.

When:

- Sweat fluid and sodium loss testing:
 - Monday, October 9th through Thursday, October 12th
 - One hour time slots between 7:00am – 4:00pm
- Race Readiness
 - Daily saliva samples (at least 4 measures) from Monday, October 9th through Sunday, October 15th
 - Daily surveys
- A very small group will also be offered the opportunity to have a more detailed race readiness and sleep analysis via clinical wearable technology 3-4 weeks prior to race day at home, as well as during race week in Kailua-Kona.

Where:

- Sweat fluid and sodium loss testing:
 - The Gatorade Endurance booth (bike/run) in the Athlete Village and Gatorade Endurance bag check (swim) at the 2017 IRONMAN® World Championship in Kailua-Kona.
- Race Readiness
 - Pick up kit from Gatorade Endurance booth in the Athlete Village, collect the samples and complete the surveys on your own in your chosen location

What:

- The swimming, cycling or running sweat test will take approximately 60 minutes of your time and participation will include all the below (you may choose only one or up to all three):
 - Swim Test Option: swim on the course for 30 to 60 minutes at your preferred race intensity
 - Cycling Test Option: riding your bike on a stationary trainer for 30 minutes at your preferred race intensity, following a 15 minute warm-up
 - Running Test Option: running at your preferred race intensity for ~5 miles, following a 10 minute warm-up
 - measuring fluid loss (through body weight measurements immediately before and after exercise)
 - measuring fluid intake during exercise (Gatorade Endurance Formula and water will be available)
 - sweat sodium collection via forearm and upper back sweat patches
 - subjective measures via surveys (nutrition, sleep, sweat, and exercise readiness)
- Race readiness will require you to collect saliva samples on your own at your hotel the day that you arrive (or Monday, October 9, whichever is later), Thursday, October 12th, Friday, October 13th, optional Saturday October 14th pre- and post-race sample, and Sunday, October 15th, and return the samples to the Royal Kona on Sunday, October 15th. Surveys regarding your nutrition sleep, and exercise readiness will be emailed or texted to you to be completed on your own.

Results:

- After completion of the analysis, athletes will receive a personalized report detailing fluid and sodium losses as well as sports nutrition recommendations and consultations. All sweat loss printed reports will be available at the Gatorade Endurance Booth on Friday, October 13th. The race readiness reports will be emailed to participants following analysis after the race.

For more information or to register, go to <http://gssiweb.org/kona-2017-registration> . **Space is limited and will be first come first served so register today!**