



**ATHLETE TESTING OPPORTUNITY**  
**at the 2019 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 8<sup>th</sup> through Thursday, October 10<sup>th</sup>
- One hour time slots between 8:00am – 3:30pm

**Where:** The Gatorade Endurance booth at the 2019 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, visit [www.gssiweb.org/kona-2019-registration](http://www.gssiweb.org/kona-2019-registration). **Space is limited and will be first come first served, so register today!**