



Welcome to the Big Island Road Runners Club Quarterly Newsletter

AUGUST 2007

Message from the President

In June the Big Island Road Runners awarded \$1000 college scholarships to Konawaena's Eamon Harrity and Hilo's Sarah Chitwood.

Eamon graduated with a 3.94 grade point average and ran cross-country for the Wildcats. He will be attending the University of Vermont where he will major in environmental sciences.

Sarah finished high school with a 4.1 GPA and was on the Viking cross-country and track teams. She will continue her education at the University of Hawaii-Manoa and will pursue a degree in mechanical engineering.

The club also recognized Keoni Ucker of Christian Liberty Academy with a special \$700 cash award, naming him as the BIRRC outstanding student member.

On September 9 the club will host the Hilo Bay 5 and 10K's at the entrance to Coconut Island in Hilo. Jim Lovell of JTL Timing will be on hand to provide 'official' results, and T-shirts, awards and refreshments will be provided to all that attend.

Wayne 'Big Dog' Joseph

Then, on Sunday, October 28, the club will host the "Spook the Drugs 5K run/walk". The event was originally part of the County's Parks and Recreation Department project, but George Ikeda of P&R decided to discontinue hosting the event. As a result the BIRRC will host a "fun run/walk" using the "Spook the Drugs" theme. Entry will be \$2 for members, \$5 for non-members, and T-shirts will be available for \$7 each. The fees collected at 'Spook the Drugs' will be used to buy awards for the age division winners.

Also, thanks to club member Adam Busek, we will continue to host the Hilo to Volcano Ultra Marathon & Relays. Adam has agreed to chair the "Food" committee as well as do Cooper Center set up and clean up. Thanks for stepping up to the plate Adam.

For more information on any BIRRC races or events you can go to our web site at: www.bigislandroadrunners.org or call the Big Dog at 969-7400.

BIG DOG

Members Perspective

Last month I managed to complete the 25th annual Volcano 10 Mile Crater Rim Run. It's a challenging course that takes you from a lush Ohia forest down into almost barren "Mars like" volcanic caldera and back into a tropical forest. My high school track coach/geology teacher would be proud as I'm sure his ideal workout would have included running across an old pahoehoe lava flow near an active volcano. Unfortunately growing up in Missouri we were never afforded that opportunity.

The runs of the day included everything members of the Big Island Road Runners Club have come to expect in a race on the Big Island: great camaraderie, achieving personal goals, and stiff competition. We were also faced with some of the unexpected, chilly weather, an "in race" wedding, and, even though I live near the National Park, beauty. Although I had gone out at way too fast I was able to steal a glance at the flock of Nene flying overhead at mile two. After about mile four, with the wind

- Carter Snow, Volcano
blasting the remaining energy out of my legs, I looked up again and saw competitors running across a desolate cinder field highlighted by Ohelo bushes. At mile six, and finally out of the wind, I ran up the hills into the Ohia forest that was erupting in Apapane and Omao song.

Around every bend there was some other breathtaking (if I had any breath to give) view or smiling volunteer to cheer me along. Hands down this was one of the best races I have ever run. If you are a veteran to the Wilderness Runs or you have never run a step in the park I encourage you to take the time to smell the Ohia blossoms, listen to the birds and enjoy the diverse landscape the park offers. I will be thinking about the Wilderness Runs while I'm pounding the pavement at the Chicago Marathon in October.

Yours in running,
Carter Snow

Club News

During the past quarter the Club awarded its second annual scholarship to one male and one female college bound runner. Congratulations and good luck Sarah Chitwood and Eamon Harrity. Membership dues and race fees support these scholarships, and all of us can feel good about lending a helping hand.

Member Carter Snow highlights the beauty of the Wilderness Runs (page 2), and below I provide a summary of the hydration research.

We have a Hilo To Volcano Refreshments Coordinator and Race Director for the 2008 race. Adam Busek is the H-T-V Refreshments Coordinator, and will arrange the carbs, fruit and salts to be consumed as we savor the traditional after-race soup. And Wayne 'Big Dog' Joseph will be the H-T-V Race Director. Please leave a message with Wayne at 969-7400 if you would like to volunteer for the 2008 H-T-V, we need a few members to make soup and prep other food, and servers.

Running For Life

Drinking: when and how much

Using thirst as a trigger to know when and how much to drink “*is the only system used by all other creatures on this earth. Why should it not also be ideal for humans?*”

Wadyka, S., Runner’s World, Aug 2006:69. The thirst mechanism has been developed over millennia in humans, in addition to being shared with other creatures. The best part about the thirst mechanism is that it provides real-time feedback on what your physical exertion needs to be sustained. And this is supported scientifically. When you stop and think about it, the research is just supporting and confirming what we already know and understand. As runners, we know to listen to our bodies, assess its needs, and act accordingly.

We make adjustments to our pace or level of exertion in response to our breathing and heart rates. Two more mechanisms we share with other creatures. It makes sense to consider our thirst mechanism to be a reliable indicator of when to drink.

The word on the street, and the approach recommended in the literature, is to drink when you are truly thirsty. The rule of thumb states that when you see water at the aide station and crave it you are thirsty and should have a drink. For example, when I see water (the ocean or a puddle on the trail) and think about a drink, then I know I should have one, and soon.

But how much should one consume? This is not a rhetorical question, as drinking too much leads to hyponatremia (consuming more fluids than lost; over hydrate), and too little results in dehydration (drinking less fluids than lost; under hydrate). Both reduce running performance and are life threatening if not treated. Most of us understand dehydration well because we have experienced it firsthand. Hyponatremia is less well understood, and is defined as an

“abnormally low concentration of sodium in the blood” (MedTerms.com). That is, sodium level in the plasma falls below 135 mmol/l. There are many causes resulting in hyponatremia, and exertional hyponatremia is a concern for athletes.

Mark Jenkins, MD, puts it simply “lost sweat (salt and water) is replaced by ingested water (no salt),” resulting in a sodium-water imbalance. In athletes, the risk of hyponatremia is low in events or training of less than 4 hours. But it is greater in longer periods of exertion, or conditions enhancing the susceptibility to hyponatremia. During shorter runs, under 30-60 min, rehydrate with just water. However, on longer runs, or under conditions where you might sweat excessively, consider including salt or electrolyte replacements when you hydrate to maintain the sodium-water balance. The most feasible way to know how to maintain your sodium-water balance is to rehearse your hydration and salt strategy during your training sessions.

I found guidelines mostly follow one of two approaches: (1) consume a standard amount (e.g., drink 6 oz fluids per mile), or (2) replacement of fluids lost. The amounts of liquids consumed are not equal between the two approaches. This implies that one or the other approach does not adequately estimate the amount of fluids to replace while running.

Following the logic used to support when to drink, it makes sense to replace the amounts of fluids lost instead of drinking a standard amount. A 1:1 ratio is the preferred replacement rate; however, running performance diminishes rapidly outside the narrow window of maintaining water balance. A loss of as little as 2% of your body weight (e.g., 150 lb runner * 0.02 body weight = 3 lb fluid) can result in dehydration. In this instance, three pounds body weight is equivalent to 48 oz (16 oz/lb * 3 lb) of fluids

to be consumed over the course of the run/race. If you over hydrate you also run the risk of sacrificing performance. I could not find any studies suggesting a specific limit, but all cautioned about drinking to excess.

This is a narrow window indeed to maintain peak performance. Drink too much and risk hyponatremia. That is, low blood-sodium levels caused by fluid dilution. Drink too little and you become dehydrated. The symptoms of both are: disorientation; muscle weakness; and nausea. Unpleasant at best, life threatening if untreated.

Maintaining the 1:1 replacement ratio is difficult. Research supports the approach of: drink when you are truly thirsty, and consume enough to be within 2% body weight loss should maintain running performance. Trial and error is the best way to determine how much to drink under a variety of running conditions. It appears that it is better to error on the side of being thirsty than over drink – but each runner and run is an experiment of one – so listen to your body and avoid unnecessary risk. .

Running Tip: Replace fluids in the first hour after hard exercise. That's when your glycogen reserves bounce back quickest.

Big Island Road Runners Club

2007 RACE SCHEDULE

Saturday, August 25 – Warrior 3-miler, Waiakea High School, 8am

Sunday, September 9 – Hilo Bay 5 & 10K, Coconut Island, 7:30am**

Sunday, October 28 – Spook the Drugs III, 5K run & 3K walk, Coconut Island, 8am**

Sunday, November 25 – Post Thanksgiving 5K, Coconut Island, 7:30am*

Sunday, December 16 – End-Of-The-Year-Run 2 & 4-miles, Richardson Beach, 8am*

*BIRRC 'Fun Run' events are free to members & \$2 for non-members

**BIRRC sponsored 'official' race – T-shirts, awards, entry fee & discount to members.

For more information concerning any BIRRC, Volcano Marathon or Big Island International Marathon event contact club president/race director Wayne 'Big Dog' Joseph at 969-7400 or email at waiakeabigdog@aol.com. Or check the club web sites at www.bigislandroadrunners.org & www.hilomarathon.org

BIRRC

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