

Triathlons

HYDRATION

Hydration is very important when getting exercise. It's necessary for cardiovascular functioning, homeostasis and muscle functioning. Maintaining good levels of hydration keeps your blood volume up and helps transport nutrients and other substances throughout the body. Dehydration can cause muscle cramps, fatigue and poor performance.

Avoid caffeinated beverages when exercising. Caffeine is a diuretic which causes the body to lose water.

When performing endurance sports hydration isn't the only thing to consider. You also need to keep your electrolyte levels up. Sodium and potassium are the 2 main electrolytes we'll look at.

Hyponatremia (loss of electrolytes) is something that can occur with endurance sports such as triathlons. This condition occurs when sodium levels in the blood are too low. This can lead to nausea, fatigue, vomit-

ing, weakness and in extreme cases coma and death.

Sodium is necessary for nerve conduction and it helps to move substances into your cells.

Potassium is important for muscle contractions, nerve impulses and releasing energy from stores.

Many sports drinks contain sodium, potassium and some carbohydrates (for energy). If the cost of sports drinks is a problem you can also make your own homemade sports drink. There are lots of recipes out there you can try.

One example we found is: mix
4 tbsp sugar 1/4 tsp. salt
4 c. water 1/4 c orange juice

Nutritional content
Total of 200 cal. 50 cal / 8 oz glass
Carbohydrates—12g
Sodium—110 mg
Potassium—30mg

Nancy Clark's Sports Nutrition Guidebook,
Nancy Clark MS, RD1997



What is a Triathlon

Triathlons are one of the fastest growing sports. It's an amazing race that combines cycling, running and swimming. There are a wide variety of triathlons ranging from the Try a Tri, for those new to the sport, to the Iron Man. The iron man is a grueling 3.86 km swim, followed by a 112 km bike ride and finished with a 42.2 km marathon.

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The Guinness World Record 2000 states that the longest triathlon was completed by David Holleran (Australia) on April 8th 1998. It consisted of a **42 km** swim, a **2 000 km** bike ride and a **500 km** run. He completed it in 17 days, 22 hr. and 50 min.

Local Events

June 16— Ottawa Riverkeeper Triathlon, Duathlon & Relays

Ottawa

June 24—Smiths Falls Triathlon, Duathlon & Relays

Smiths Falls

July 15—Graham Beasley Half Iron 113 Triathlon, Duathlon & Relays

Carleton Place

August 4—National Capital Triathlon, Duathlon & Relays

Ottawa

August 19—Thousand Islands Triathlon, Duathlon & Relays

Brockville

September 1—Canadian Iron 226 Triathlon, Duathlon & Relays

Ottawa

October 6—Fall Colours Duathlon

Ottawa

TRY A TRI

If you're interested in triathlons and want to try it out there are events called Try a Tri. This event consists of a 200 m swim, 20 km cycle and 5 km run. All of the local events listed below have TryATri events except the Fall Colours Duathlon.

KIDS EVENTS

There are event for kids too! The Wylie Ryan Kids Series offers some runs (1 or 2 km) and a surf and turf event that's a 50m swim and 500 m run. Check out somersault.ca for more information.

*We appreciate
all of your
summer team
sports
referrals!*

Web Resources

Check out <http://www.trirudy.com> for information from the triathlon community in Ottawa. This site has news, information on events, items for sale and much more.

Check out <http://www.somersault.ca/> for information on local events, tips and general information.

Go to <http://www.ottawatriathlonclub.com/> for news and events from the Ottawa Triathlon Club.

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