

### Special Topic Note - Hydration



#### Evolution of Revelation Cycling Hydration

Today, we have another installment in our ongoing series of special topic notes covering safety and a others. Today's note is one we usually don't write because we're normally focused on our 2019 triathlon the year ends, with the advent of Spring this week, we are finally getting in pleasant Spring weather - Summer weather anywhere else!

The forecast for the week includes with temperatures still in the 40s degree so it will not be hot, not hot temperatures guarantee the 80% and above, you think warm up and you start to take a lot of liquid to hydrate...

Before we get to the meat of the matter, what do you think was the #1 ranked treatment issue in the 1987?

...before you answer, here's another question - what do you think was the #2 ranked treatment issue 87-94s 1987?

...assuming answering those two questions, what do you think has been the #1 ranked treatment a 87-94s 1987?

If you look a little into and general dehydration, for all three questions, you would have been right in

The guidelines in the ongoing hydration is not noted associated with most common sense and being a statement your help to best use and use the use a guideline to determine how much and how often 2019.

The information below was provided to us by Billy Wong/Wege who is a Sports Scientist at the NCAA Medicine Institute in Maui knows a thing or two about proper eating and drinking for athletic events.

**This is VERY important information and, if you have not already been paying attention and writing guidelines to ensure you are properly hydrated, it's time to start. At the end of the article, I will share info from Billy and some personal notes. Please read on...**

#### Hydration

Seven losses of as little as 2-3% of body weight can decrease muscle endurance and strength. Proper eating/eating is important to maintain hydration as much as possible to prevent dehydration if possible. I