

Re: Endurance athletes heavy water consumers

Source: <http://sci.tech-archive.net/Archive/sci.anthropology.paleo/2008-08/msg00253.html>

- *From:* nickname <alas_my_loves@xxxxxxxxxx>
 - *Date:* Sun, 17 Aug 2008 09:55:36 -0700 (PDT)
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On Aug 17, 9:12 am, "Rick Wagler" <taxid...@xxxxxxx> wrote:

"nickname" <alas_my_lo...@xxxxxxxxxx> wrote in message

news:e71ea51b-5b74-4072-9e89-0f799482a2fb@xx

Endurance cyclist top water consumer!!

<http://www.nytimes.com/2008/08/16/us/16lance.html?partner=rssyahoo&em...>

(Distance athletes don't need no water ??! I'll bet he's got a truckload of salt too!)

It's not need. It's the ability to find. And note that amateur marathoners who take much longer than the professionals – about 2.5 hours – to run the full 26 miles are cautioned against drinking too much water. AATers vastly overstate human need for water.

Rick Wagler

Amateurs are cautioned against drinking too much *freshwater* (lacks electrolytes found in seawater, coconuts, fruit), due to dilution of essential salts etc., a dangerous condition for strenuous activity. With poor olfaction, limited hearing and inability to see water underground, humans can walk over underground springs without even knowing, while elephants stop and dig. (Elephants dig up underground water pipes.)

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