

# Kaiserkrone Trail

## – Tips for Heat, Nutrition and Hydration on Race Weekend



Dear participants,

High temperatures are expected for race weekend. Please prepare accordingly and take personal responsibility seriously. Especially in hot conditions, it is important to adjust your pace, drink enough and arrive at the start well prepared. The following recommendations do not replace individual medical advice, but they should give you clear guidance for the final hours before the race.

### The Day Before

#### **Drink regularly, not liters at once**

The goal is to finish the day well hydrated. As a rough guide, light yellow urine can indicate a good hydration status. Drinking more than necessary does not provide any benefit and can even be counterproductive, as both too little and too much fluid can pose health risks. [1]

#### **Don't forget salt**

Those who sweat heavily lose not only water but also sodium. Therefore, meals on the day before the race may be slightly saltier. A portion of soup, salted potatoes or a normal dinner with enough salt can be useful. Especially during longer efforts and in high temperatures, electrolytes can help support fluid intake effectively. [1]

#### **Fill your carbohydrate stores**

This is especially important for Ultra, Sky, Panorama and Medium. Rice, pasta, potatoes, bread or similar easily digestible carbohydrates are suitable. There is no need for an extreme “carbo-loading party”; a familiar, carbohydrate-focused diet is enough. [2]

#### **Avoid experiments**

Do not try new gels, supplements or unfamiliar foods. Stick to food and products that you already know from training and racing. [2]

#### **Avoid alcohol if possible**

Alcohol can negatively affect recovery, sleep quality and fluid balance. Especially before exercising in hot conditions, it makes sense to avoid alcohol as much as possible. [5]

### The Evening Before the Race

#### **Eat an easily digestible dinner**

Focus on carbohydrates. Avoid meals that are too fatty, too spicy or very high in fiber. The most important thing is that you tolerate the meal well and start race day without stomach issues. [2]

#### **Drink again in moderation**

One or two glasses of water or an electrolyte drink spread over the evening can be useful. Again: do not overdo it, but drink regularly and in a controlled way. [1]

### **Sleep beats almost everything**

A good night's sleep is more valuable than the perfect meal. Try to relax in the evening and give your body rest.

## **Race Morning**

### **Breakfast 2–3 hours before the start**

Depending on what you tolerate well, suitable options include:

- White bread with honey or jam
- Porridge
- Banana
- Rice pudding
- Muesli, if you are used to it

Breakfast should be easy to digest and mainly provide carbohydrates. [2]

### **500–700 ml of fluid**

Drink this amount gradually during the final 2–3 hours before the start. The exact amount depends on body size, sweat rate, temperature and individual tolerance. The goal is to arrive at the start well hydrated, but not with a “full stomach.” [1]

### **Electrolytes can be useful**

Especially with the expected temperatures and longer race durations, an electrolyte drink may help compensate for sodium losses through sweating. [1]

### **Start cool**

Before the start, seek shade, wet your cap if possible and avoid standing unnecessarily in direct sunlight. In hot conditions, it is important to keep additional heat stress as low as possible. [3]

### **Drink early**

Do not wait until you feel thirsty. Use the aid stations consistently and refill in time. If you come across a safe natural water source along the course, use it sensibly for refilling or cooling.

### **Adjust your pace**

Most heat-related problems do not only arise from drinking too little, but also because runners fail to adjust their pace to the conditions. In hot weather, a controlled start is especially important. Your pace must be adapted to the temperature, sun exposure and your own physical condition. [3][4]

## **Water at the Wilder Kaiser**

Please note: Natural water sources at the Wilder Kaiser are limited and cannot be reliably planned into your race strategy. If you come across a safe water source along the way, use it sensibly for refilling or cooling.

Our clear recommendation: Carry enough filled soft flasks or a hydration system – even if this means extra weight. In the end, it is the healthier decision.

## **Summary**

**Start well hydrated, take in enough electrolytes, fill your carbohydrate stores, avoid experiments and adjust your race pace to the temperatures.**

## Sources

[1] National Athletic Trainers' Association: *Position Statement: Fluid Replacement for the Physically Active*. The NATA describes the risks of too little and too much fluid, recommends individualized drinking strategies and highlights the importance of fluids and electrolytes during physical activity.

<https://nata.kglmeridian.com/view/journals/attr/52/9/article-p877.xml>

[2] Academy of Nutrition and Dietetics, Dietitians of Canada & American College of Sports Medicine: *Nutrition and Athletic Performance*. This position paper describes the importance of carbohydrates, fluid and electrolytes before, during and after exercise.

<https://pubmed.ncbi.nlm.nih.gov/26891166/>

[3] National Athletic Trainers' Association: *Position Statement: Exertional Heat Illnesses*. These recommendations cover the prevention, recognition and management of heat-related illness in sport.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4639891/>

[4] Racinais et al.: *Consensus Recommendations on Training and Competing in the Heat*. This consensus statement describes strategies to reduce physiological strain and adapt training and competition in hot conditions.

<https://link.springer.com/article/10.1007/s40279-015-0343-6>

[5] HSE Ireland: *How alcohol affects sports performance*. This public health information explains how alcohol can negatively affect sports performance and recovery.

<https://www2.hse.ie/living-well/alcohol/health/how-alcohol-can-affect-everyday-life/sports-performance/>