

Real Sea Kayakers drink Coke

Many many years ago I was listening to the ABC radio when Rob De Castella was being interviewed, I think it was during one of the Commonwealth games. Rob De Castella was Australia's greatest marathon runner. Rob was saying that all marathon runners have their own secret formula drink that is placed on tables along the course, and the commentator asked him what his secret drink was. Rob answered "*flat coke*".

That was a long time ago but I see that in 2010 the Warringah Triathlon Club had this to say about nutrition for triathlons:

During Race

In order to get adequate nutrition and hydration throughout the race, we need to make sure we eat and drink consistently throughout the race. Considering the swim will take between 25-45 minutes, we want to be eating as soon as we get on the bike and then approximately every 30 minutes after that.

*Most nutritionists recommend approximately 50-60g of carbs per hour, with most energy gels having around 30g of carbs per serving. As our bodies become more and more depleted, we find it increasingly harder to digest carbohydrates, therefore, the complexity of the carbs that we consume must become simpler the further into the race we go. Once onto the run, we want to be consuming the simplest of sugars. Good examples include dextrin based products and *flat coke*. As for water, there can be too much of a good thing. We **MUST** consume enough water to digest our gels and bars etc. A common side effect of not enough water is stomach cramps.*

However if we overdo it, we will dilute our energy stores and potentially lead to dizziness, cramps and in severe cases hyponatremia.

And I hope you noticed the dangers of drinking water.

Now I am only a simple sea kayaker but it seems to me that paddling a kayak for 3 ½ hours across Banks Strait must be a bit similar to running a marathon or

competing in a triathlon – and if the top performers in these sports recommend that coke will improve your performance then who am I to argue with the experts.

This is the only way to buy Coke.

