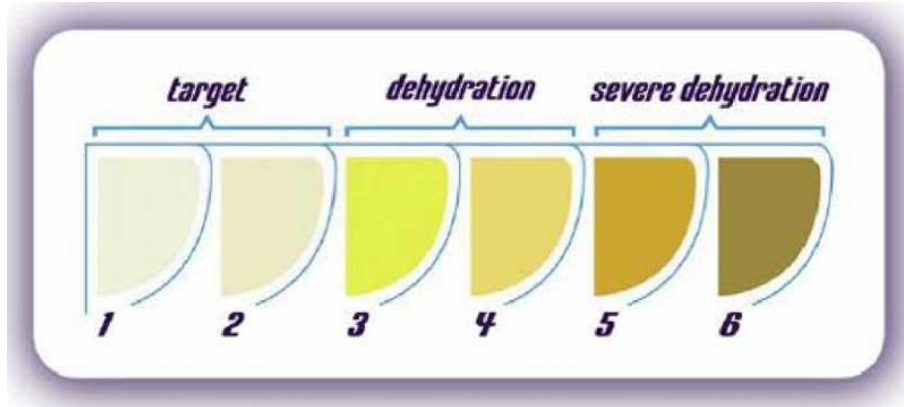




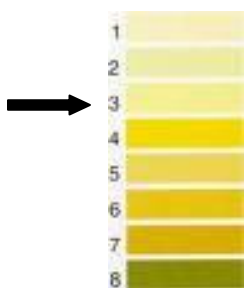
URINE HYDRATION CHART



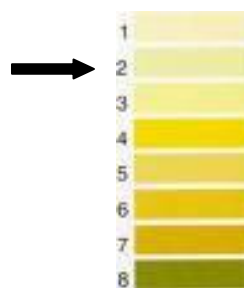
HYDRATION CHART

On the last three days leading up to the race make sure you are drinking the recommended amount (8-10 cups) of fluids (water, drinks, soup, fruit, etc.) so your urine color falls in the “target zone”. There is no need to “water up” pre race by drinking a liter before hand.

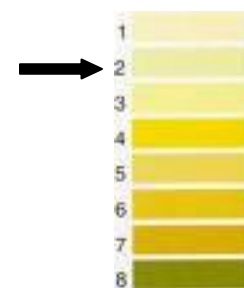
Urine color should lighten through the day.



MORNING



AFTERNOON



EVENING