

FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

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A dose of caffeine 45 minutes prior may help you feel more energized and make the run feel easier. You will still need a designated driver!



CHUG-RUN CONUNDRUM

Considering a beer mile?
First, know what it does to your body...

OFFICIAL BEER MILE rules require drinking a whole can of beer, running ¼ mile, and repeating both three more times (penalty lap if you throw up). For the record: Consuming four alcoholic beverages in a short period of time is considered binge drinking. Here's what happens if you partake.

STOMACH

Each 12 oz. beer occupies 1½ cups of volume in your stomach, which has about a 4-cup capacity. Over the course of a Beer Mile, you'll consume 6 cups, plus carbonation. Warm beer lessens the amount of carbonation, which helps the beer go down easier. Within a minute of drinking, a small amount of alcohol passes through the stomach lining and

enters the bloodstream, leading to feelings of euphoria.

INTESTINES

Most of the alcohol is absorbed by the small intestine. But because you're chugging beers quickly while running, you may experience GI distress, cramping, and vomiting (requiring that penalty lap).

LIVER

This organ is responsible for breaking

down alcohol, but drinking four beers in a matter of minutes doesn't give the liver time to do its job. You can break down one beer, or about 15 grams, in 60 minutes. But in this mile, you're consuming 60 grams of alcohol in about 10 minutes. You'll need about five hours to process the alcohol.

BLOOD VESSELS

For the average 150-pound adult, every beer consumed raises blood alcohol levels by .02 percent—four beers brings you to the legal driving limit of .08 percent (if you're smaller or under the weather, you'll get there with fewer drinks). And because your liver hasn't had time to process the alcohol, your blood levels may

Buskill

You may want to heckle from the sideline if you've had any of these leading up to the starting gun.

THE FLU OR OTHER SERIOUS ILLNESS

This impairs your ability to metabolize alcohol.

SLEEP DEPRIVATION

Even a bad night's sleep just before race day can hurt your body's ability to handle alcohol.

ALCOHOL

More than one drink four to six hours before your mile will tax your liver and brain before the race even starts.

A handful of soda crackers 15 minutes before your mile may help slow the alcohol uptake.

be even higher. Bring your own designated driver!

BRAIN

Alcohol impacts your judgment, coordination, and speech. Studies have shown that acute intake of large amounts of alcohol may cause brain swelling, but to date, the risk for beer milers is unclear.

LEG MUSCLES

Beer aside, your muscles will start to burn over the course of a fast mile as they break down carbohydrates for fuel, which produces lactic acid. Clearing this by-product impairs muscle contraction, and research shows that acute alcohol consumption can hinder muscle coordination and recovery.