

## Hardrock 100 What To Do When Things Go Wrong

	Problem	Cause	Solution
<b>HEAD AND HEART</b>	<i>NOTE: I'll be prophylactically taking Acetazolamide (Diamox) -before &amp; during the race</i>	AMS	Acetazolamide (Diamox)
	Pins and needles	Diamox side effect	Hydrate, Dexamethasone
	Headache only	1) Hypoglycemia (low blood sugar); and/or 2) AMS (Altitude Mountain Sickness) 3) Hyponatremia	1) Consume more carbs; 2) take Extended Strength Tylenol if necessary; 3) monitor for more signs of AMS or hyponatremia
	Shortness of breath upon exertion	Impact of high altitude	Slow down, take breaks, reduce heart rate
	Flu-like symptoms (headache, fatigue, stomach illness, dizziness)	AMS	Dexamethasone
	Peripheral edema (swelling of hands, feet, and face)	AMS; hyponatremia; normal response to altitude	Dexamethasone for AMS
	Chronic headache + unsteady gait + gradual loss of consciousness + increased nausea, retinal hemorrhage	Cerebral edema (swelling of the brain)	Take Dexamethasone; if not working stop and rest, take in more calories; worst case - get down to lower altitude, seek medical assistance ASAP
	Nosebleed	AMS; dry air	Dexamethasone; hydrate; apply pressure with gauze nose plug
	Persistent rapid pulse	AMS	Dexamethasone, slow down
	Symptoms similar to bronchitis, persistent dry cough, fever, shortness of breath even when resting, wheezing sounds, inability to speak full sentences, excess sweating, pale skin, decrease in level of alertness	Pulmonary edema (fluid in the lungs)	Get oxygen, get to lower altitude, seek medical assistance ASAP
<b>ENERGY</b>	Dehydration	Heat, excessive sweating, caffeine	Drink electrolyte solution, slow down, eat salty foods
	Drowsiness	AMS	Dexamethasone, caffeine
	General malaise	Tired, low on energy, maybe AMS	Take in more calories, hydrate, rest if necessary
	Fatigue	Hypoglycemic, low blood sugar	Ingest carbohydrates, decrease salty snacks, caffeine colas, sports drinks, fruits
	Dead legs	Going too fast, not taking in enough calories	Slow down, ingest more carbohydrates, hydrate
<b>MUSCLES</b>	Muscle Cramping	Dehydration, inadequate blood supply, nerve compression, too little electrolytes (potassium, calcium or magnesium)	Drink electrolyte solution, slow down, eat salty foods, massage, stretch
	Lower back pain	Poor running posture, fatigue	Correct to erect run posture, stretch, reduce pack weight if possible, NSAIDs as last resort
<b>STOMACH</b>	Nausea	Too much fluids, Too much food, NSAIDs, acid in stomach	Wait to refuel, refuel with smaller portions more often eat saltine, salty foods, ginger, TUMS, stop NSAIDs
	Stomach Cramps	antacids, fiber, lactose, "impact" exercise	eat while walking uphill
	Gas/Bloating	Beans, sorbitol (some fruits), air ingestion	Food avoidance, avoid sucking air from H2O bottle, burp, Gas-X
	Gastric Distress	Dehydration, anti-inflammatories (NSAIDs/ibuprofen/Advil)	Drink electrolyte, eat smaller portions/slower, avoid wheat, bran, seeds, nuts, brown rice, raw veggies, raisins, grapes, fruit, dairy, Tums, Pepto
	Vomiting	Too much fluids, Hyponatremia, AMS	Stop drinking H2O, eat carbs with electrolytes (salt), vomit
	Diarrhea (Osmotic Diarrhea)	Fructose, fruit, table sugar, dairy, fiber, anti-biotic, sorbitol, decreased blood flow to GI	Stick with corn, wheat, potatoes, rice (maltodextrins), replace lost fluids with salty solutions/foods, reduce intensity of exercise
<b>WEIGHT</b>	Weight gain or <2-3% weight loss	Possible hyponatremia	Reduce fluid intake until urinating, particularly if there are signs of swelling (rings are tight, feels puffy)
	3-5% weight loss	Normal	OK but need to keep an eye on for further weight loss.
	5-7% weight loss	Early dehydration	Increase fluid intake & consider salt intake if weight has consistently been in this range.
	≥7% weight loss	Dehydration	Assess mental status and if lucid, increase fluid, consider salt intake. If vomiting or the inability to rehydrate is evident, remain at aid station until recovery after rest, food, and rehydration (may take 1-2 hrs)
	Right knee ache	Acute patella tendonitis (chronic)	Tylenol, stiff legged downhill technique to relieve concussion on knees
	Blisters	Wet socks, not enough lube	Drain blister, New skin, tape, re-lube, dry socks, consider Tylenol and different shoes