

Post-Race

Congratulations on completing your triathlon. Remember some key points post-race.

When you finish the race remember:

- Get out of the sun and into the shade.
 - This will more quickly reduce your body heat and help prevent continued dehydration.
- Replace your fluids that have been lost throughout the rest of the day and night.
- Eat an appropriate well balanced meal when you get home.
 - This will replace the nutrients that have been used during the race. This meal should be high in carbohydrates and protein.
- Relax!! You just completed a triathlon.
- If you were injured during the race with heat illness or other injury, follow-up with a physician to further assess.

If these simple guidelines are followed, this will lead to a successful triathlon. Have yourself evaluated by your sports medicine physician if you have any significant new issues leading up to race day.

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