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Summer running: How to stay hydrated

by Lee Fidler

My favorite season is fall. The cool, clear, crisp days are perfect for running. As we move through spring each year, I become a little depressed. After all, spring is the harbinger for summer, a serious runner's least favorite season – and it's here in full force now.

In hot weather, runners should maintain a constant vigil for hydration. When running distances in the heat, dehydration is inevitable. Even the mathematically challenged runner like me can foresee the possibility of dehydration. It can impede body cooling, increase blood viscosity, and interfere with brain function. And those could lead to dizziness, fainting, hyperthermia, coma, and even death.

In the lab, highly trained, well-acclimated athletes have shown sweat rates greater than three liters per hour. Certainly, runners can drink that much, but the problem is the absorption rate. Unfortunately, one liter per hour seems to be the upper limit. Research also shows that drinking more than 1.5 liters per hour is pointless and may cause

gastrointestinal discomfort.

To address this problem, try to be well-hydrated when you begin your hot weather competition or long run.

Dr. Phil Sparling of Georgia Tech's human performance lab suggests drinking 17 ounces of fluid two hours before competition. Research from a university in the Netherlands a decade ago suggests drinking 12-15 ounces immediately before running.

Both strategies are based on the fact that a full stomach empties more quickly, while the Dutch plan theorized that the timing didn't allow time for the fluid to be converted to urine.

At the dawn of the running age, water may have been the safest thing to drink. The concentration of sugar in early sports drinks was often a little too high, slowing down the absorption rate. Today's sports drinks, however, are so sophisticated that they're absorbed as quickly as water.

As a participant in at least two experiments at Georgia Tech that used water and sports drinks in hot weather competition, I know the drinks enhanced performance. The sodium in

them may stimulate the thirst mechanism and help to retain the liquid. The glucose makes them taste better, which helps you drink more.

Should your beverage be warm or cold? In the 1970s, research said that cold water, about 40 degrees F, was absorbed more quickly. This "truth" seemed to fly in the face of conventional wisdom, which held that the water would have to be warmed to body temperature before being absorbed into the bloodstream. In the 1990s, more research from the Netherlands supported the idea that warmer fluids were assimilated more quickly.

My suggestion is to drink fluids at a temperature that encourages you to hydrate appropriately: whatever you like best.

Finally, try to be optimistic. October will eventually arrive, and hydration will no longer be a runner's second job.

Lee is an Atlanta Marathon winner with decades of experience running and coaching. Find him at LIV Fitness.

1853 Memorial Dr SE or 678-596-7326

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Kirkwood Neighbors' Organization (KNO) is a racially and economically diverse civic organization devoted to the revitalization of Atlanta's historic Kirkwood community.

KNO meets on the 10th of each month at 7 PM at the Turner Monumental A.M.E. Church, 66 Howard St. NE.

Everyone is welcome!

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Comments? Story Ideas? Advertising Questions?

Your comments about this newsletter or story ideas are encouraged. Please contact the Editor.

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The livin' ain't easy

by Duncan Cottrell

Heat waves bring crime waves, says the FBI. Statistics show that most every type of crime increases by at least 10% in June, July and August. For home intrusion, the culprits are usually middle- or high-school teens.

There are two forces at play: the heat and the boredom. As heat and humidity build, day after day, it can simply become too hot to be nice. Tempers are short, patience even shorter.

While kids are out of school, even the best of them get restless, while the worst of them get reckless. Eager for something to relieve the boredom, the temptation of burglary can be irresistible. Most summer break-ins occur between noon and 3:00 PM. The teens rarely damage property, beyond breaking in. They're looking for electronics, cash, and jewelry.

Be aware. Double-check locks and security systems, and put the toys and other temptations out of sight.

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Unique South African rugs to be showcased at pop-up

A sustainable rug manufacturer headquartered in South Africa with roots in Atlanta is bringing an imported collection of rugs, which blend aestheticism and functionality, to Le Petit Marche for an exclusive pop-up. “Kaya [Means Home] will be proudly showcasing some of our most sought-after pieces from South Africa,” said CEO Rolene Jaffe.

The magic of Kaya Means Home started 28 years ago, when Else Cloete, a single mom and entrepreneur dedicated to the art of recycling, upcycling, and sustainable living, saw the rugs in Swaziland. She loved the concept of training and employing women, giving them a skill so that they could feed and educate their children.

“Our mission is blending commerce and empowering a community,” Jaffe said. “With humble beginnings that included five staff and two looms, we



The rugs, textiles, and tapestries are handwoven outside Johannesburg in a sustainable, zero-carbon-footprint community.

have since grown into a family-run business and have a facility of 100 looms that not only uses recycled cotton and leather for the textiles, but also

recycles paper and glass.”

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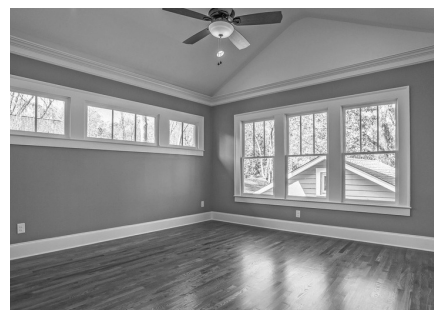
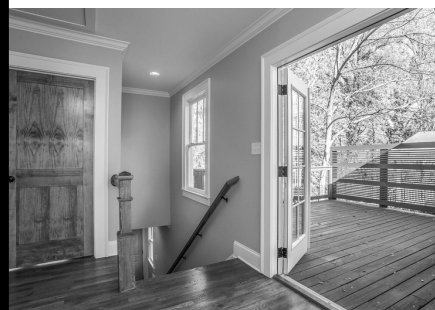


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Library closing August 8 for renovations inside

The Atlanta-Fulton Public Library System has announced the closing dates for seven libraries included in Group 1 of the Library Renovation Project.

The Kirkwood branch will close to the public on Wednesday, August 8, to begin extensive renovation work as part of the library's Capital Improvement Program, Phase II project. All seven libraries in the group began exterior construction work earlier this summer in preparation for this closing.

The design/build team of Hogan Construction and McMillan Pazdan Smith Architecture and Chasm Architecture has contracted with Fulton County to provide design, engineering, and construction management services for the Group 1 renovation projects, and Heery/Russell is the program management team.

"The closing of the seven branches

included in Group 1 of the library renovation project is part of a two-year effort to redesign and modernize 23 of the county's 34 libraries. Upgrades will include items like new HVAC systems, roofing, upgraded technology, improved layouts, new shelving, study rooms, ADA-accessible restrooms, and more," said Dr. Gabriel Morley, director of the Atlanta-Fulton Public Library System.

"While we know the closing of libraries will bring some inconvenience, the result will be well worth it. We look forward to completing the renovations as quickly as possible and re-opening beautifully renovated libraries that can serve their communities more efficiently."

Renovations are expected to take anywhere from three to nine months, depending on size and scope. All dates are subject to change.

For library service during construction, the closest branches to Kirkwood are:

- East Atlanta: 400 Flat Shoals Ave. SE, Atlanta 30316
- Ponce de Leon: 980 Ponce de Leon Ave. NE, Atlanta 30306

Kirkwood residents also have the option of using the DeKalb County Public Library system. The closest branches are:

- Decatur: 215 Sycamore Street, Decatur 30030
- Scott Candler: 1917 Candler Road, Decatur 30032
- Gresham: 2418 Gresham Road SE, Atlanta 30316

For up-to-date information:
www.afpls.org/news/2193-library-renovation-project-update
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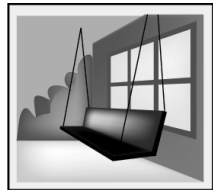
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In the Heart of Historic Kirkwood

Path to connect Gilliam Park and Edgewood Court

Betsy Collins, KNO Education
Committee chair, contributor

In June, two community meetings were held at Coan Recreation Center to discuss the concept of a trail spur on the path from Gilliam Park to Edgewood Court Apartments (ECA). Several stakeholders attended, including Councilwoman Natalyn Archibong, FATE Principal Ashley Adamo, leaders from Kirkwood and Edgewood neighborhood organizations, residents of ECA, and representatives from Columbia Residential, the new owner of ECA.

The proposal was well-received by attendees of the

meetings with no objections. Neighborhood residents believe the path will allow for better pedestrian access to each community and to surrounding public transportation, businesses, and schools.

Continuing engagement of ECA residents and the Edgewood community in general was seen as an important next step. ECA has a resident services coordinator and is starting a newsletter, which could be a great way to reach out to residents, schedule meetings at the new community center at ECA (opening in November), as well as coordinate volunteer activities/parties with residents

and neighbors.

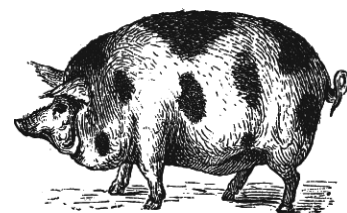
Also mentioned was using a survey to assess residents' interests in this project so that it's *driven by* the residents instead of something that is *being done to* their neighborhood.

Lastly regarding this point, the attendees wanted to encourage relationships and support between the communities for things like transportation projects and neighborhood festivals to leverage a broader coalition.

There also needs to be a more detailed map for the proposed trail so that costs and required land use can be finalized. This may require survey work or basic engi-

neering to determine right-of-way, grade, placement of lighting, security features, and maintenance. This work could then be used to pursue funding.

Assessment of the ongoing security situation by Columbia Residential may make it unnecessary to place fencing across the existing informal trails. According to ECA residents, security has improved due to the presence of security officers in cars circulating the property. Additionally, some residents and associates who may have contributed to an unsafe environment have moved away from the property.



The Spotted Trotter

Hello Kirkwood, Eat Good Meat Marauders!

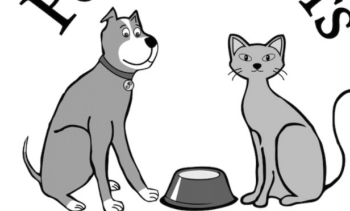
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Native plants thrive at Hawk Hollow

Tamara Jones, site coordinator at Hawk Hollow, has transformed a lot once covered by ivy, ragweed, and kudzu into a showplace for native plants, a laboratory for organic gardening, and a certified refuge for pollinators as well as birds and other urban wildlife. Something is always blooming, and the garden kiosk at the front of the garden helps visitors identify the highlights.

A few of her favorite native plants include passion vine (*Passiflora*), bee balm (*Monarda didyma*), black locust (*Robinia pseudoacacia*), and Georgia aster (*Symphyotrichum georgianum*).

Visit Hawk Hollow to see these beautiful plants live and in color. It's open to the public during daylight hours.

Bee Balm is a beautiful native plant with dark red flowers. It attracts butterflies, bees and hummingbirds. The front bed at Hawk Hollow is filled with bee balm and gives the garden a burst of color.



The Georgia aster is a fall-blooming beauty with large purple flowers that attract many pollinators.



"The gorgeous passion vine flower attracts gulf fritillary butterflies," said Tamara. "It definitely likes to grow so we give it a lot of room, and if we're lucky, the gorgeous big purple flowers will produce fruit called Maypop."



Black locust trees grow naturally at Hawk Hollow and perfume the site with fragrant flowers. The locusts also gave Hawk Hollow the gift of wood – branches of a tree felled during Hurricane Irma serve as an arbor for wild muscadines and passion vine.

Hawk Hollow is located at **2304 1st Ave.**

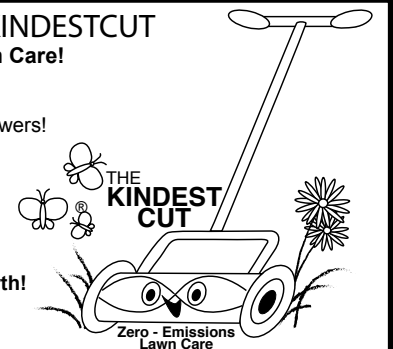
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