

# Stomach/Foot Cramps

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[dnavarro82](#) 42 posts since

Apr 24, 2008

So, while you're swimming/biking/running, how do you guys get rid of cramps, or do you just have to touch it out? Also, how and why do they happen?



[YeahJohn](#) 101 posts since

Jun 14, 2008 **1. Re: Stomach/Foot Cramps** Jul 19, 2008 12:53 PM

For me swim cramps rarely happen in the ocean or any open water. Normally the temps are to low i guess. I do cramp when in a overly hot pool (nasty) and when coming off the wall in the pool, sometimes that causes my feet to cramp. Cramps on a bike....hardly ever. Cramps on the run, I was always told by past running coaches that you cramp up from not hydrating properly, like taking in to much liquid before or during a run. Staying hydrated as an athlete should be a daily effort not a last minute event before your race. I also find that when I break stride or begin to do irregular things while swimming, ridding, or running I might get minor cramps. When I cramp swimming it freaks me out but I just keep going with out paying attention to the cramp and let it work its way out. Hope that helps a little.

John

I am unaware of anyone who has ever died of a foot cramp or side cramp so kick it out