

Marathoner - Hands Swell



SlowPokeChu 49 posts since

Dec 29, 2007

Hey Yalls,

I've run two marathons and I've noticed that after 17-20 miles, my hands start to swell. Is this normal? Am I risking my life if I push onwards? I hydrate and carbo-load a week before and I hydrate VERY well during the race.

I'd love some advice,

RUN ON HOME-SLICES !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!;

Marathoner - Hands Swell



lenzlaw 7,024 posts since

Jan 18, 2008 1. **Re: Marathoner - Hands Swell** Nov 7, 2008 12:25 PM

What are you drinking and eating during the race? Make sure you're getting some electrolytes. Some runners know take electrolyte tablets or down some salt (like the packets from restaurants) at the first sign of swelling.

Len



dfitz* 418 posts since

Aug 20, 2008 2. **Re: Marathoner - Hands Swell** Nov 7, 2008 7:24 PM


If you overhydrate, the experts say you can develop hyponatremia, which definitely can kill you. They also say swelling of hands can be a symptom so it probably is a good thing to read up on. Here's an article that scared the **** out of me!

<http://runningdoctor.runnersworld.com/2008/05/should-i-do-the.html>



[Dre Day](#) 127 posts since

May 31, 2008 3. **Re: Marathoner - Hands Swell** Nov 10, 2008 8:14 AM


 in response to: [dfitz*](#)

holy ****!! very informative article dfitz! good stuff to know though! wow!



[Stevemustangred](#) 586 posts since

Oct 10, 2007 4. **Re: Marathoner - Hands Swell** Nov 19, 2008 9:53 AM

 in response to: [lenzlaw](#)

Len,

Do your hands never swell during marathons?

I sweat a disproportionate amount compared to most people. For instance, when I do a moderate to easy pace, 65 minute 7 mile run with temps in the 60s-70s I will loose from 5-7 pounds during the run. This is everyday. I don't drink anything during the fall and winter runs. During the summer I'll drink about 20 ounces every 45 minutes when temps are in the high 80 and above.

Slowpokechu:


My hands usually do swell a little. My ring gets tight. I try to remember to relax. On downhill portions of the marathon I will let my arms swing loose a bit to help loosen things up. If I think about it I also will put my hands over my head for a few seconds during water breaks. I drink a cup electrolyte at every water stop, except maybe mile 25. I also take either honey packets every 2-4 miles or the equivalent of a jelly bean every mile for energy.

I haven't taken salt during a race yet but it is something that I am considering.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 5. **Re: Marathoner - Hands Swell** Nov 19, 2008 11:26 AM

 in response to: [Stevemustangred](#)

Steve,

I have never noticed any hand swelling. So if they do, it's not much. And like you, I sweat like a bandit. I have lost as much as 8 or 9 pounds (I weigh 190) on a 20 mile training run. In the summer I'll drink 50 - 60 oz. during that run, about the same as you. I usually drink sports drink on my training runs and during marathons. I have tried taking Exceed electrolyte caps a few times but haven't noticed any benefit so far. But I may just not be managing them correctly.

Marathoner - Hands Swell

Len