

**SPORTS** | INBOX

## ***Letters to the Editor***

MAY 16, 2016

- To the Sports Editor:

Re “Man vs. Marathon: a Search for Rarefied Air,” May 15: With extraordinary genes, a flat course, and a favorable temperature and humidity, a sub-two-hour marathon could be accomplished. However, based on my studies of three extraordinary endurance athletes, certain conditions will be necessary.

Sy Mah, entrant in the Guinness Book of Records in 1987 for completing 524 marathons; Mary Hanudel, the 1987 United States female marathoner of the year; and Lorna Michael, who completed a 64-day, 2,900-mile staged race across the United States in 1993, all showed significant magnesium deficits. This should not be surprising, since the higher the adrenaline levels, the lower the magnesium ion levels.

In order to reduce very high adrenaline levels, the runner must be well hydrated before the race, on a high-magnesium diet with magnesium supplements but avoiding calcium supplements, water softeners and cola drinks, which lower magnesium levels, and training in excessive heat.

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