

Andrew Z.

Coach Akers

Health

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### **Runner Collapses at Finish Line From Malnutrition**

16 year old Andre Lettuce went unconscious seconds after the annual Camp Hairy Long Run this past Thursday. According to his coaches, Nevik Welsh and Ttocs Cakers, "Andre doesn't eat nearly enough, and he never listens to us. He usually doesn't work that hard, but he went 12 miles for the long run, which is unheard of with him. I guess he was convinced to actually try hard by Colonel Olddoll." For a boy of his age, size, and his amount of activity though, he should be taking in about 3,250 Calories a day (Running). However, he usually takes in about half that. This low calorie intake combined with this huge spike in activity, was a formula for disaster. With this little amount of eating, also came a little amount of nutrients. Andre seemed to be suffering from multiple nutrient deficiencies, This included vitamin C, since he seemed to recover from injuries and illnesses much slower (Vitamin), vitamin D, since he had reported achy bones and seemed down a lot of the time (Klein), and iron, since he seemed to be tired and his head never felt right (Iron). It was a very hot day also, and Andre didn't seem to be drinking enough water, so when he fainted, we could also assume that he was dehydrated (Dehydration). Andre though, served a lesson not only to himself, but to the rest of the Noskcaj Cross Country team. FORCED HYDRATION.

#### Works Cited

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