

## Traveling at High Altitude

Situated at the foot of Pikes Peak, Colorado Springs is actually about 1000' higher than Denver — 6,200 feet above seal level. In Colorado Springs' rarified air, golf balls go ten percent farther ...and so do cocktails. Alcoholic drinks pack more of a wallop than at sea level. The sun feels warmer, because you're closer to it, but your coffee is cooler, because water boils at 198 degrees. Colorado Springs is also extremely dry, and with less water vapor in the air at this altitude, the sky really is bluer in Colorado. But there's 25 percent less protection from the sun, so sunscreen is a must.

**Drink Water** — both before your trip to Colorado, and while you are here. Drinking plenty of water is the number one way to help your body adjust easily to our higher altitude. The low humidity in Colorado keeps the air dry, like the desert, so you need about twice as much water here as you would drink at home. It is also recommended that you go easy on the alcohol in the mountains, as its effects will feel stronger here. The effects of exercise are more intense here as well. If you normally run 10 miles a day at home in the lowlands, you might try 6 miles in Colorado Springs.

Please don't be offended, but the local show staff will be constantly asking when you and your dogs last had a good drink. We will have lots of water stations around to help you to keep hydrated. If you start to feel light-headed or get a whopper of a headache, a good long drink will very often help out.

**Eat foods high in potassium**, such as: broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, tomatoes.

**Eat foods high in carbs**, such as; fruits, juice, nuts, oatmeal, pasta, potatoes, granola, and even cookies and chocolate.

**Sleepiness:** With lower levels of usable oxygen, it is also possible that you may feel a little sleepier for the first couple days. Typically nothing to worry about — NASA says that little cat naps are good for us.

**Attitude:** Don't let anything you hear about the mile-high altitude scare you. The air is just thinner and drier. In fact, many people with respiratory problems move to Colorado Springs for the benefits of the dry air. Just follow these simple tips, and you will very likely not even notice the difference. Now — go have a glass of water.