

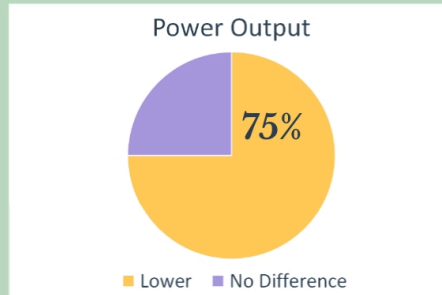
If you want second place... have that second drink.

tinyurl.com/9h5cpn5e



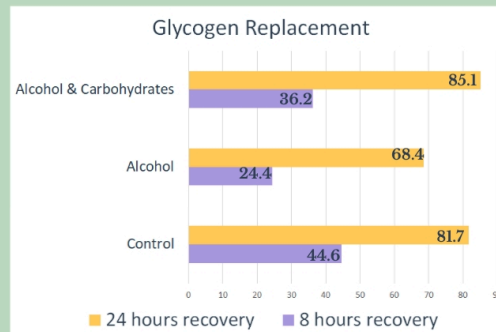
~Rachel Shapiro~

Reduced Performance



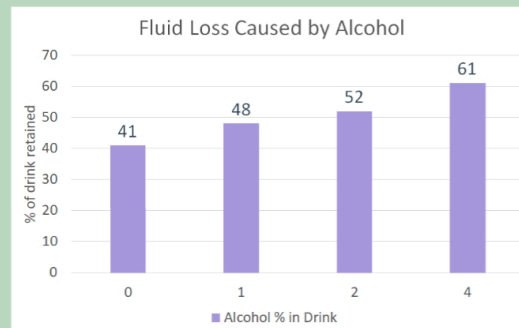
75% of cyclists performed worse with alcohol in their system.

Impaired Recovery



Alcohol reduces energy recovery.

Dehydration



Higher alcohol % is correlated with more dehydration.

In conclusion...

Alcohol lowers athletic performance.

References

1. tinyurl.com/f4d43eda
2. tinyurl.com/29jbt87
3. tinyurl.com/paf6ttes