Really interesting article. I worry though that articles like this simplify the problem, and will create unnecessary fear among runners who SHOULD be drinking water. I just wrote a research paper on hyponatremia for a health class, and it's a more complicated problem than this article makes it out to be. I think when any authority tries to put out strict numbers of what is the right amount of fluid to drink (or mileage to run, etc...) for everyone, it is misinformation. Things like individual physiology, race distance, weather conditions, amount of food consumed, and hills on the course will all be factors on how much water to drink. To say "no more than 8 oz. every 20 minutes" is too restrictive a guideline. It's not just too much water that is the problem, it's an electrolyte imbalance. When a runner takes in too much fluid, the body pees out the excess, along with critical electrolytes. This results in a low sodium content in blood plasma, causing water to move into the cells. Hyponatremia affects mostly ultrarunners, and of the marathon group it affects primarily the slower runners who spend more time out on the course, more time sweating, and more time drinking water. These runners are sweating and peeing out their electrolytes and only replacing the water, not the salt and potassium. Untrarunners have long been aware (relatively speaking) of the dangers of hyponatremia, thus the mantra that if you stop eating, you will stop running. If you are going to be out on a course for 5 hours or longer, or if the weather is particularly hot causing a higher rate of sweat, it's important to take in electrolytes in whatever form works for you along with water. You can drink electrolyte replacement drinks like Cytomax or GU2O (Gatorade is mostly sugar and much less effective.) If you are running an ultra, you will really want to take in solid food to keep your energy levels up. Most people have to train their stomachs to accept food while running, just like we train our muscles and body to run for 26 miles. Practice eating on your long training runs. Start with energy gels if those work for you, and add solid food gradually. My point is this, fluid needs will vary between individuals and in different conditions and there is no hard an fast rule. Don't rely on thirst to tell you when to drink, as by then you are already dehydrated. On the otherhand we no longer want to simply "drink as much as you can." Monitor your fluid needs, and if you are going to be out on the course for a long time take in electrolytes and food along with water. Just remember, although hyponatremia can have serious consequences, it is relatively rare in marathons, much more rare than dehydration. Educate yourself about the conditions most likely to cause hyponatremia, as well as the symptoms that can indicate hyponatremia vs. dehydration. YOU should be able to tell a first aid volunteer if you need food and electrolytes, not more water.