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Climbing Waterfalls: How Metabolism and Behavior Impact Locomotor Performance of Tropical Climbing Gobies on Reunion Island

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Abstract :

The life cycle of gobies of the Sicydiinae subfamily depends on climbing waterfalls. Two sympatric sicydiines species from Reunion Island, Sicyopterus Iagocephalus (SIL) and Cotylopus acutipinnis (COA), employ different climbing modes. SIL uses a steady "inching" mode interrupted by short rest periods, whereas COA exhibits short "power-burst" undulatory movements punctuated by longer rest periods. Consequently, we explored the relationship between climbing performance and metabolic activity in these two species. We demonstrated that the two climbing modes are supported by different ecophysiological profiles that promote the interspecific variability of locomotor performance. More specifically, SIL performed better than COA during a climbing experiment because of its inching climbing mode, supported by a generally greater metabolic capacity and a higher potential for oxidative metabolism. Interestingly, we did not detect any difference in metabolic fuel storage and lactate production during climbing in either species, suggesting that these species can maintain fuel reserves and limit lactate accumulation through extensive rest times. Overall, this study provides new insights into the ecophysiology of these two emblematic species and suggests that the better climbing capacity of SIL is supported by its muscular metabolic capacity.

Keywords : amphidromy, Cotylopus acutipinnis, enzymatic profile, metabolic fuel, migration, Sicyopterus lagocephalus

35 Introduction

36 Amphidromous gobies of the Sicydiinae subfamily display a remarkable locomotor style: the ability to climb waterfalls (Schoenfuss and Blob 2003). These species reproduce in 37 38 freshwater (Teichert et al. 2013), their larvae immediately drift down to the sea (Lagarde et al. 2017) where they develop for months (Teichert et al. 2012, 2016) before returning to 39 freshwater to grow and mature (Teichert et al. 2014a, 2014b). The rivers of the small tropical 40 islands inhabited by sicydiines are punctuated by numerous waterfalls. Consequently, 41 sicydiines often need to climb up vertical waterfalls to reach their spawning habitats 42 (Schoenfuss et al. 2013). As most aquatic predators of sicydiines are not able to scale 43 waterfalls, climbing to the upstream reach of these rivers greatly reduces the risk of predation 44 (Diamond et al. 2019). Therefore, waterfalls climbing is fundamental for these species as their 45 successful reproduction in freshwater greatly relies on it. 46

In Reunion Island (South Western Indian Ocean), two sicydiines species, Sicyopterus 47 lagocephalus (SIL) and Cotylopus acutipinnis (COA), dominate the freshwater fish 48 assemblage (Lagarde 2018) but use different climbing modes (Blob et al. 2019). SIL 49 alternatively attaches to the substrate with its pelvic and oral suckers to climb up, with short 50 51 resting periods when the pelvic sucker adheres to the substrate. This is analogous to the "inching" mode described in another Sicyopterus species in Hawaii (Schoenfuss and Blob 52 2003). In contrast, COA does not use its oral sucker but instead generates bursts of undulatory 53 54 movements with its tail and pectoral fins. Similarly to SIL, COA rests between climbing bouts, but these climbing pauses are more frequent and last longer. This "powerburst" 55 climbing has been described in other amphidromous gobies of the Awaous and Lentipes 56 genuses in Hawaii (Schoenfuss and Blob 2003) and Sicydium genus in Dominica (Schoenfuss 57 et al. 2011). Interestingly, the proportion of red muscle fibers is elevated in the inching 58 Sicyopterus stimpsoni compared to the powerburst climbers Lentipes concolor and Awaous 59

guamensis (Cediel et al. 2008). Thus, it is possible that inching climbers may be more reliant
on oxidative metabolism than the powerburst climbers. In Reunion Island, a marked
difference of climbing performance has been observed, both experimentally and in the field,
as SIL is able to inch up steeper obstacles, much faster than the powerburst climber COA
(Lagarde et al. 2018, 2020; Blob et al. 2019).

We explored the relationship between climbing performance and metabolic activity in the ecophysiological context of these two sympatric species. We proposed that SIL performs better than COA due to its inching climbing mode supported by a generally greater metabolic capacity and a higher potential for oxidative metabolism. Consequently, compared to the sympatric powerburst climbing COA, the inch climbing SIL may rely on a higher supply of metabolic fuels and have reduced lactate accumulation during a climbing effort.

72 Methods

73

Fish capture and experimental setup

Fish sampling and experimental design were approved under the permit N°16-74 019/DEAL/SEB/UPEMA issued by Direction de l'Environnement de l'Aménagement et du 75 Logement de La Réunion. We collected more than 200 juveniles of SIL and COA in June 76 2016 (SIL: 10th of June; COA: 3rd of June) by electroshocking (Hans Grassel IG 200-2 77 electroshocker) immediately after their arrival at the mouth of the St Etienne River in South-78 Western Reunion Island (21.0°S-55.5°E, figure S1a-b, available online). Immediately after 79 80 capture, we transported fish in aerated water to the laboratory where they were acclimated during a 48h period in the lower tank of the experimental arena before starting the 81 experiment. Fish were not fed at any point during the experiment. 82

The detailed description of the experimental arena was described previously (Lagarde et al. 2018). Briefly, it consisted of a 2.40 m ramp angled at 45° linking two tanks (figure S1c, available online). The upper tank was fitted with a trapping device to prevent fish from falling back to the lower tank after successfully climbing the ramp. The ramp was roughened with sand paper to facilitate climbing and the temperature of the room was maintained at approximately 24°C in a 12:12h light/dark cycle.

Before commencing the climbing experiments, we randomly sampled 20 individuals of each species. They were then anesthetized in $0.3 \text{ ml} \cdot \text{L}^{-1}$ of clove oil solution (diluted at 30% in alcohol) and decapitated after they reached stage IV of anaesthesia (slow opercular movement, total loss of equilibrium) as recommended for surgery (Carter et al. 2011). After decapitation, we kept fish on dry ice before freezing at -80°C. The climbing experiment was completed during two consecutive days from 8:00 to 18:00. First, the climbing behaviour was stimulated by a 3 L·mn⁻¹ discharge of stream water pumped from the lower tank to the 96 climbing ramp. The lowest 30 cm of the ramp was recorded for the duration of the experiment
97 with a dorsal view of the climbing fish (Sony Handycam mini-DV camera; 30 frames·s⁻¹).
98 Moreover, we continuously observed the upper part of the ramp and collected the fish that
99 entered the trap in the upper tank. These fish were euthanized and preserved as described
100 above.

101

Climbing performance analysis

102 We quantified climbing performance of the two species by measuring three variables: net climbing speed, bout climbing speed, and percentage of time spent in motion from videos 103 sequences using the open access Tracker V. 4.11 software (Brown 2017). Net climbing speed 104 105 corresponded to the total distance climbed by each individual divided by the total time spent in motion and resting. Bout climbing speed corresponded to the total distance climbed by each 106 individual divided by the time spend in motion. Finally, percentage of time spend in motion 107 corresponded to the time spend in motion divided by the total time recorded. We standardized 108 climbing speeds to body length (BL·s⁻¹) to limit the influence of inter-specific and inter-109 individual size differences on climbing performance comparisons. We estimated BL (cm) 110 111 using a Tracker measurement tool on each video sequence. We measured the distance travelled during one climbing bout as the difference of distance of the tip of the snout between 112 the beginning and the end of the climbing bout. As some individuals failed to climb the lowest 113 30 cm of the ramp, measurements were repeated on three to 12 climbing bouts for each video 114 sequence corresponding to a total distance climbed by the fish ranging from seven cm (i.e. 115 approximately two BL) to 29 cm (approximately 10 BL). 116

117 *Enzymatic profiles*

To assess potential differences in metabolic profiles between the two species, weselected five metabolic enzymes to assay their maximal capacity in the axial muscles of both

SIL (n = 6-8) and COA (n = 6-7). Due to the small size of individuals, red and white muscle 120 fiber types could not be separated resulting in mixed fibers samples. We measured the activity 121 of two oxidative enzymes, the mitochondrial matrix citrate synthase (CS), and β-hydroxyacyl-122 CoA dehydrogenase (HOAD, a fatty acid oxidation enzyme). Conversely, we also assayed 123 three enzymes, markers of anaerobic glycolytic capacity, pyruvate kinase (PK), hexokinase 124 (HK), and lactate dehydrogenase (LDH). The part of the fish body posterior to the pelvic fins, 125 primarily composed of axial musculature, was pulverized with a mortar and pestle in liquid 126 nitrogen. Aliquots of powdered samples were then homogenized in 10 volumes of enzyme 127 extraction buffer consisting of 20 mM HEPES pH 7.0, 1 mM EDTA, and 0.1% Triton X-100. 128 Each enzymatic assay was run in triplicate with a SpectraMax Plus 384 spectrophotometer 129 (Molecular Devices, San Jose, CA) as described previously (LeMoine et al. 2006, 2008). 130 Briefly, the activity of HOAD was assayed on fresh homogenates at 340 nm in 20 mM 131 imidazole, 0.1% Triton X-100, 0.15 mM NADH and 0.1 mM acetoacetyl CoA to start the 132 133 reaction. Except where noted, subsequent enzymes assays were performed after one freeze/thaw cycle. The maximal activity of CS was measured at 412 nm in 20 mM Tris pH 134 8.0, 0.05% Triton X-100, 0.1 mM DTNB, 0.3 mM acetyl CoA, and 0.5 mM oxaloacetate. HK 135 was assayed at 340 nm in 20 mM imidazole, 5 mM DTT and 5 mM MgCl2, 1 mM ATP, XU 136 G-6-PDH and 0.5 mM NAD(P). The reaction was started with addition of 5 mM glucose 137 (omitted for negative control). PK was measured in 50 mM Imidazole pH 7.4, with 5 mM 138 ADP, 100 mM KCl, 10 mM MgCl2, 0.15 NADH, 10 uM fructose 1,6, P, 5 I LDH and +/- 5 139 140 mM PEP to start the reaction. Finally, LDH activity was assayed after the homogenate went 141 through two freeze/thaw cycles, it was measured at 340 nm in 50 mM HEPES pH 7.0, 0.15 mM NADH, and 0.2 mM pyruvate-Na. 142

143 *Evaluation of endogenous fuel supply and lactate production during climbing*

We assayed tissue concentrations of two endogenous fuels (total lipids and glycogen) 144 and a glycolytic metabolite (lactate) in triplicates for each individual. We measured total 145 lipids tissue concentration on eight individuals of each species sampled before climbing, and 146 expressed as the ratio of lipids content (mg) over the fish body mass (g). Lipids were 147 extracted from pulverized axial musculature with chloroform-methanol. Their concentrations 148 were estimated with the SpectraMax plus 384 spectrophotometer based on the optical density 149 of vanillin reagent following the procedure described by Van Handel (1985). Similarly, we 150 estimated glycogen and lactate tissue concentrations from 12 individuals of each species, five 151 sampled before climbing and seven after climbing for COA, and six sampled before climbing 152 153 and six after climbing for SIL. Tissue concentrations were measured in pulverized axial 154 musculature using commercially available kits for lactate and glycogen (Sigma Aldrich, CA) following the manufacturer's instructions. Measurements of optical densities were made with 155 the same spectrophotometer as described above. 156

157 *Statistical analyses*

When assays were run in triplicates (i.e. enzymatic activity; lipids, glycogen and lactate tissue concentration), the three values were generally consistent with each other (standard error, $SE \le 15\%$). Consequently, the mean values of the triplicates were kept for further analyses.

For net climbing speed, percentage of time spend in motion, hexokinase concentration, the assumption of normality and homogeneity of variance were not respected and/or the sample size was relatively low (i.e. \leq eight individuals). Accordingly, we performed nonparametric tests to compare variables among groups. We compared variables between two groups using a Wilcoxon rank test and variables between more than two groups using a Kruskal-Wallis test. We performed all statistical analyses with the open source R v. 3.5.1 software (R Development Core Team 2016).

170 **Results**

171 *Climbing performance*

We confirmed climbing performance differences for these species by recording the 172 overall climbing characteristics of 136 wild-caught fish. In particular, we evaluated the 173 climbing performance using 67 video sequences of climbing SIL (BL range: 2.6-4.2 cm), and 174 69 video sequences of climbing COA (BL range: 2.2-2.4 cm). SIL were able to climb three 175 times faster (0.13 BL·s⁻¹ or 0.52 cm·s⁻¹, Figure 1) than their COA counterparts (0.04 BL·s⁻¹ or 176 $0.12 \text{ cm} \cdot \text{s}^{-1}$, Figure 1, Wilcoxon rank test, W = 792, p < 0.001). This difference was further 177 evident as SIL spent five times longer in motion than COA (33% vs. 6.8%, Figure 1, 178 Wilcoxon rank test, W = 4689, p < 0.001). In contrast, COA climbing bouts were two times 179 faster than their SIL counterparts (0.65 BL·s⁻¹ vs. 0.39 BL·s⁻¹, Figure 1, Wilcoxon rank test, W 180 = 4431, p < 0.001). COA faster climbing bouts were not sufficient to counterbalance their 181 longer resting periods on the overall climbing performance compared to SIL. 182



Figure 1 : Net climbing speed (A), bout climbing speed (B) and time spend in motion
(C) for C. acutipinnis (N=69) and S. lagocephalus (N=67). Boxes are divided by quartiles,
whiskers indicate the range of the data and grey dots the individual data points. The

187 significance of the difference between the two species was evaluated using a Wilcoxon rank

188 test. n.s : non-significant; * p <0.05; ** p<0.01; *** p<0.001.

189

| 190 | Table 1 : Mean (±SE) enzymatic activity of Citrate Synthase (CS), Hydroxyacyl-CoA- |
|-----|---|
| 191 | deshydrogenase (HOAD), Hexokinase (HK), Pyruvate Kinase (PK) and Lactate |
| 192 | Deshydrogenase (LD) expressed in tissue concentration (U.g ⁻¹). |

| | S. lagocephalus | | C. acutipinnis | |
|------|-----------------|----------------------------------|----------------|--------------------------------|
| - | Ν | Tissue concentration | N | Tissue concentration |
| CS | 7 | 14.68 (1.10) U.g ⁻¹ | 6 | 10.27 (1.28) U.g ⁻¹ |
| HOAD | 6 | 0.87 (0.06) U.g ⁻¹ | 6 | 0.96 (0.14) U.g ⁻¹ |
| HK | 6 | 0.06 (0.01) U.g ⁻¹ | 6 | 0.07 (0.01) U.g ⁻¹ |
| PK | 8 | 45.80 (2.22) U.g ⁻¹ | 7 | 22.75 (4.53) U.g ⁻¹ |
| LDH | 8 | 163.79 (13.14) U.g ⁻¹ | 7 | 86.6 (11.79) U.g ⁻¹ |

193

194 *Enzymatic profile*

The two species had different enzymatic profiles with SIL having generally higher enzymatic capacity, with a 1.4-fold higher CS activity (Wilcoxon rank test, W = 38, p =0.014, Table 1, Figure 2), a 1.9-fold higher PK activity (Wilcoxon rank test, W = 50, p =0.009, Table 1, Figure 2) and a 2.0-fold higher LDH activity (Wilcoxon rank test, W = 54, p =0.001, Table 1, Figure 2). In contrast, HOAD and HK showed no differences between the two species (Wilcoxon rank test, $W \le 17$, $p \ge 0.70$, Table 1, Figure 2).





Figure 2 : Enzymatic activity of S. lagocephalus relatively to the mean concentration of the same enzymes measured in C. acutipinnis. Boxes are divided by quartiles, whiskers indicate the range of the data and greys dots the individual data points. The number of individuals (N) for which enzymatic activity was measured is specified. The significance of the difference between the two species was evaluated using a Wilcoxon rank test. n.s : nonsignificant; * p <0.05; ** p<0.01; *** p<0.001.

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Energetic fuel storage and lactate production

In order to assess interspecies differences in metabolic fuels and metabolites post-climbing, we evaluated total lipids, glycogen and lactate concentrations in the axial

musculature of SIL (n =6-8) and COA (n= 6-8). Sampled tissues mass ranged from 6.6 to 26.4 mg and the total lipids concentration averaged 7.0 mg·g⁻¹ for SIL and 8.7 mg·g⁻¹ for COA (Figure 3) with no significant differences between the two species (Wilcoxon rank test, W = 40, p = 0.19).



216

Figure 3 : Total lipids tissue concentration measured in C. acutipinnis and S.
lagocephalus. Boxes are divided by quartiles, whiskers indicate the range of the data and grey
dots the individual data points. The number of individuals (N) for which lipids tissue
concentration was measured is specified. The significance of the difference between the two
species was evaluated using a Wilcoxon rank test. n.s : non-significant; * p <0.05; ** p<0.01;
*** p<0.001.

Glycogen concentrations did not differ between the two species or before and after climbing within each species (Kruskal-Wallis, $Chi^2 = 0.79$, df = 3, p = 0.85, Figure 4). These concentrations were 1.3 and 1.2 µmol·g⁻¹ for SIL and 1.5 and 1.5 µmol·g⁻¹ for COA before and after climbing, respectively. On average, SIL and COA had lactate concentrations of 1.8 and 1.7 µmol·g⁻¹ before climbing and 2.2 and 2.1 µmol·g⁻¹ after climbing, respectively (Figure 4), though none of these concentrations were significantly different (Kruskal-Wallis, Chi² = 3.5, df = 3, p = 0.32).



Figure 4 : Lactate and glycogen tissue concentration measured in C. acutipinnis (COA) and S. lagocephalus (SIL). For each species these concentrations are compared between individuals sampled before starting the climbing experiment ("Before climbing") and those sample immediately after they successfully climbed the experimental ramp ("After climbing"). Boxes are divided by quartiles, whiskers indicate the range of the data and grey dots the individual data points. The number of individuals (N) for which lactate and glycogen tissue concentrations were measured is specified. A Kruskal-Wallis test revealed a non-

significant difference (n.s) of lactate and glycogen tissue concentrations between each groups
(COA and SIL sampled before and after climbing).

241 **Discussion**

Our data support the differential climbing performance of young individuals of both species previously observed, as SIL performed better than COA (Blob et al. 2019). SIL is metabolically better poised than COA, with generally higher aerobic and anaerobic enzyme capacities. The two species do not differ in their fuel reserves or metabolite built-up after climbing.

247 *Climbing performance*

COA is typically a "powerbust" climber with fast and short climbing bouts 248 interspersed by extended resting phases (Figure 1; Blob et al. (2019)), however, the "incher" 249 SIL could scale an obstacle faster (Figure 1; Blob et al. (2019); Lagarde et al. (2020)). These 250 results corroborate previous observations, though with slight discrepancy in bout climbing 251 speed and time spend in motion. Indeed, we observed a higher bout climbing speeds (0.39 vs. 252 $0.17 \text{ BL} \cdot \text{s}^{-1}$ for SIL and 0.65 vs. 0.14 BL $\cdot \text{s}^{-1}$ for COA) and less time spent in motion (33 vs. 253 47% for SIL and 7 vs. 14% for COA) than previously reported (Blob et al. (2019). This 254 discrepancy may be related to difference of climbing arenas, as the ramp was angled at 45° 255 compared to 70° in Blob et al. (2019). On a global scale, the two Reunionese species show 256 climbing speeds comparable to other gobies with similar locomotor style. Both Hawaiian 257 powerbust climbers Awaous guamensis and Lentipes concolor scale steep obstacles at ~0.15 258 $BL \cdot s^{-1}$ which is faster than the climbing speed observed for COA (0. 06-0.04 $BL \cdot s^{-1}$; 259 Schoenfuss and Blob (2003); this study). In contrast, SIL moves at speeds similar to those of 260 to Sicyopterus stimpsoni, its Hawaiian incher counterpart (~0.10 vs. 0.11-0.13 BL·s⁻¹; 261 Schoenfuss and Blob (2003); this study). 262

263 *Metabolic profiles*

264 As originally hypothesized, enzymatic activity was higher in SIL than in COA as CS maximal activity, a mitochondrial marker (Bystriansky et al. 2007), was on average 1.4-fold 265 higher in SIL compared to COA. HOAD, involved in lipid β-oxidation, showed no 266 interspecific difference but glycolytic enzymes, PK and LDH (Willmott et al. 2005), were 267 both significantly more elevated in SIL. SIL is equipped with a higher aerobic metabolic 268 capacity, to use carbohydrates rather than lipids, and a higher anaerobic metabolic capacity to 269 270 power its climbing. This is consistent with the lack of any apparent difference in endogenous lipids contents between the two species (Fig. 3). Even if our study concerned two species 271 (Garland and Adolph, 1994), they are the only species displaying the waterfall climbing 272 273 behaviour in Reunion Island and for which climbing performance influences competitive interactions. Moreover, despite our different approach from Cediel et al. (2008) who 274 described a higher proportion of red muscle fibers in the inching S. stimpsoni compared to the 275 276 powerburst L. concolor and A. guamensis the conclusions of the two studies are consistent and concern two inching and three powerburst species. 277

278 If SIL were mostly adapted to use carbohydrates during exercise, the fish would need greater accessible reserves (i.e., glycogen) to mobilize during climbing. These reserves should 279 be depleted after a strenuous climbing effort, though surprisingly, glycogen contents were not 280 affected by climbing in either species (Fig. 4). The two species exhibited almost identical 281 glycogen levels despite having presumably quite different metabolic capacities as suggested 282 283 by the enzyme profiles. Thus it appears that these fish may be using other sources of fuels, such as circulating glucose or glycogen reserves in the liver, it is unlikely, however, that these 284 species would be able to climb several hundred meters high obstacles solely on endogenous 285 286 reserves. Indeed, both SIL and COA are observed above quasi-vertical waterfalls as high as 200 m in Reunion Island (Lagarde 2018), thus with an approximate climbing speed of 287

0.5 cm·s⁻¹ for SIL and 0.1 cm·s⁻¹ for COA, climbing would last between one and five months.
Given the relatively low quantity of metabolic fuels, it is very unlikely that they can sustain
several weeks of climbing effort without feeding. Considering this, it is probable that
sicydiines species can feed while climbing, at least in nature. Indeed, sicydiines are known to
feed on periphyton (Bielsa et al. 2003) and more specifically on diatoms (Julius et al. 2005).
As both species climb in areas which are permanently wetted by a few millimetres thick water
layer, they encounter patches of periphyton during climbing.

A slow and sustained type of exercise must be powered by aerobic pathways, while 295 fast and explosive activities must rely on anaerobic pathways. After climbing, we would 296 297 expect COA, and not SIL, to show an accumulation of lactic acid, the glycolytic end product under anaerobic conditions but neither species showed increased lactate after climbing (Fig. 298 4). While it could be argued that the climbing effort was not sufficient to elicit changes in 299 300 metabolites owing to a relatively low slope (45°) of a short ramp, under similar conditions 80% of the COA failed to climb the ramp (Lagarde et al. 2018). Thus, at least for COA, 301 302 climbing the experimental ramp constitutes a challenge. Furthermore, for both species the climbing effort took at least an hour. It is likely that these results are better explained by the 303 two different climbing strategies, as COA spent over 90% of its climbing time resting. This 304 305 could allow COA to metabolize lactate and avoid excessive accumulation. Similarly, SIL spent close to two-thirds of its time resting, providing ample time for lactate clearance. 306 Furthermore, a presumably higher oxidative capacity of SIL could not only prevent lactate 307 production by reducing reliance on anaerobic metabolism, but also mitigate lactate 308 accumulation through its oxidation. 309

310

312 Conclusion

313 Overall, SIL climbed faster and demonstrated a higher aerobic and anaerobic capacity than COA. However, resting phases associated with both climbing modes could mitigate the 314 315 influence of metabolic profiles on climbing performance. Despite its behaviour being seemingly appropriated to its climbing mode, the climbing failure rate of COA was higher 316 compared to SIL (Lagarde et al. 2018). This suggests that a greater proportion of SIL 317 migrating individuals are successful at reaching habitats upstream of waterfalls. Because SIL 318 and COA juveniles arrive simultaneously and year round in Reunionese rivers (Teichert et al. 319 2012, 2016), and COA migration is slower than SIL (Lagarde et al. 2020), SIL likely reaches 320 321 upstream habitats before COA. Therefore, the higher climbing success and migration speed of SIL both likely represent a strong competitive advantage for this species. 322

323

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