

Nutrition

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Nutrition Basics

Carbohydrates are the primary fuel source for your muscles and your brain.

Carbohydrates are stored in muscles as glycogen. If your muscle glycogen stores are low, you will run out of energy or “bonk.” This can be dangerous if you are riding alone and far away from home.

Carbohydrates will not make you fat. Excess calories will make you fat.

People tolerate foods and drinks differently. Experiment with different foods and drinks before and during your ride to see what works best for you. High fiber foods can cause bloating, gas, and abdominal pain.

Insert – Link to PDF of List of Carbohydrates in Foods and Beverages

Beginners

If you plan to ride leisurely for an hour, it's a good idea to bring a full water bottle. You probably don't need a snack during the ride if you have eaten enough before your ride.

Intermediate Riders

This is meant for riders riding 10-14 miles per hour for 90 minutes or more.

Eat something 1 to 3 hours before you start your ride. Choose good quality carbohydrates along with a little bit of protein. Some examples of a pre-ride meal are: oatmeal with raisins, toast with peanut butter and a cup of low-fat milk, or a fruit smoothie with scoop of protein powder or Greek yogurt.

Every rider is different in their energy needs. Carry a snack in case you get hungry. Most people will be able to ride 90 minutes without a snack if properly fueled before the ride. Easy to carry snacks are: a Clif bar, Powerbar, granola bar, banana, fig bars, ½ PBJ, etc. Don't take anything that needs refrigeration such as hard-boiled eggs, since you risk coming down with food poisoning if not kept refrigerated.

Riding longer distances, even though not pedaling fast and hard, still means you are burning energy. After the first hour of ride time, aim to consume 30-60 grams of carbohydrates per hour to keep from bonking. Carbohydrates can come from beverages or food. Avoid carbonation while riding. Liquids don't fill your stomach up, so if you are hungry eat food.

- 16 ounces of Gatorade contains 28 grams of carbohydrates.
- 16 ounces of Powerade contains 38 grams of carbohydrates.
- A Clif bar contains 38-45 grams of carbohydrates.

Advanced Riders

This is meant for riders riding 15-20+ miles per hour for 90 minutes or more.

Just like Intermediate Riders, eat something 1 to 3 hours before you start your ride. Choose good quality carbohydrates along with a little bit of protein. See examples above.

You will be burning more energy riding at a faster pace. A general recommendation is to consume 60 to 90 grams of carbohydrates per hour. Some riders will be able to go 2 hours before refueling if they consumed enough calories (energy) before the ride. Choose from a variety of carbohydrate sources such as sports drinks, bananas, bagels, bars, pretzels, dried fruit, gel packets, oatmeal cookies, etc.

LINK to List of Carbohydrates in Foods

Nutrition Websites

<http://www.clifbar.com/hubs/nutrition>

www.hammernutrition.com/

<http://www.gatorade.com/>

<http://www.powerbar.com/>