



AROUND THE BAY RACE

Race Fuelling Guide - by Alister Gardner, XACT NUTRITION

The Around the Bay Road Race was first run in 1894; it's senior to the Boston marathon, and is the oldest race on the continent! Around the Bay has seen some of the best long distance runners in the world take it on. The 30 km distance makes it a strategic opportunity for runners working towards a full marathon, ideal for testing pace and nutrition strategies. Here's how to dial in your nutrition and get the best out of your race.

Pre-race day dinner:

Think carbs! From pasta and rice to potatoes and bread. Carbohydrates are the main energy source endurance athletes need to perform their best and this meal will help top up your glycogen reserves to give you that ideal energy. Stick with meals you know, keep it simple and don't over-eat so that your digestive system doesn't get overwhelmed. If you're away from home, pasta is an easy option to find in restaurants or prepare beforehand. Go easy on the fats, proteins and fibre (yep, white pasta is OK on this occasion, especially if too much fibre doesn't agree with you). It helps to eat early in the evening too so you can go to bed rested. On that note, avoid caffeine and no alcohol until after the race at least! :)

Race day Breakfast:

Plenty of carbs, but don't feel you have to stuff yourself; you'll have to run with what you eat. Bagels or oats mixed with jam, sliced banana or maple syrup provide a mix of slow burning and fast burning carbs, so you'll be energised at the start line but not feeling hungry already. Keep it simple and aim to have eaten at least 2 hrs prior to the race to be sure your stomach has settled. If you're a coffee person, go ahead and have your morning cuppa. Caffeine stimulates the body and has been proven to reduce perceived effort.

Race fuelling!

You can give your blood sugar level a pre-race boost by taking a gel or XACT ENERGY fruit bar 15-30 minutes before the race. Smart move if it's been a few hours since breakfast.

During the race aim to eat 100 calories of simple carbohydrates every 45 minutes. Those glycogen reserves that you've been building can last for 60-90 minutes and so the aim is to start fueling early on so that your glycogen is not too depleted ..that is the bonk zone!

Eating and running can be tricky and so this is where gels and energy chews come in handy; an XACT ENERGY fruit bar is exactly 100 calories and is easy to eat and digest, so a good choice



for eating while running. Practice eating and running! Your long run is ideal for testing multiple feeds during effort.

It is not a question of what kilometre mark to eat but how frequently. Every 45 minutes is a good timeframe but it could be as often as every 25 minutes, the harder you want to push, the more regularly you're going to want to keep fuelling.

There are feed and water stations at km 14 (Hamilton Beach) and at the km 21 point - look out for the XACT NUTRITION arch at the exit of Lasalle Park - both stations will serve water, electrolyte drink and XACT Energy fruit bars.

Recovery

Congratulations you've finished! Grab an XACT PROTEIN wafer, a banana and some fluids and rest those legs!. Eating a mix of protein and carbs soon after your race will help your body recover quickly and well. Fluid intake is important as you'll have sweated (even if it is a cold day). Once you have eaten something and drank some fluids, you'll be ready for that post race celebratory beer. Well done!