



Q: I have a few nutritional questions then i will let you go;

1. During my long rides i have been following the nutritional outline you sent me, it has been working great and i have been sticking to it.**excellent.**

The question i have, more so because others i ride with always ask me "Don't you get hungry?". Should i eat any solids during the ride?

A: it's not necessary. Eating solids can pull blood OUT of the working muscles (in order to DIGEST the solid food in the stomach).....in the process, you pull WATER out of the bloodstream as well (to create the right "mixture" for the solid calories to leave the stomach).....so I reccomend going w/ the liquid diet. I DO know of some folks who just MUST have something solid.....for them, something w/ salt is a relief as well. If you must: go w/ Fritos corn chips, but use them sparingly and do so 1st, in training.

I know you haven't listed any, and i don't feel hungry using the sustained energy, but I just wanted to make sure. I guess you could say the same for the run too.

2. Relates to question 1 during the race. What exactly is the purpose of the special needs bag? **to put all the smack that you can't/don't want to carry.**

What should I put in my special needs bags? Of all the things i have read about ironmans, i have found very little, if anything about what people put in there special needs bag. Can you provide some helpful insight? **Sure.....when Randy & I went to Great Floridian IM last year, there was a warm-u bag, swim-bag, bike-needs bag, a run-needs bag.....etc....**

We joked that we could do a whole clinic on "bag-management".

What I put in my special needs bag was calories for the 2nd half of THAT segment & my "plan-B".....alternatives.

For instance: In the cycling-needs bag (since i rode w/ a camel-back hydration system and had my calories "self-supported".....meaning that I didn't have to pick up water and *mix-on-the go*), I put in cycling gloves IF my hands were to need it. Sun-screen.....an extra calorie bottle (in case I lost one or dropped one @ a rr-crossing). In my run-needs bag..... I put a hat, extra gel-flask w/ calories in it and an extra pair of shoes/socks if i was blistered by that point.....even clean shades in case mine had been lost or were to salty to clean on the fly.

3. During the bike portion of the race, the aid stations that will have bottle hand-offs, will the bottles just have water or Gatorade, or a choice of either?.....**probably just water on the bike leg.**
4. Relates to question 3. If they have water in the bottles at hand-offs, Would i be best off make a bottle of a concentrate of the Sustained energy to mix into the bottle on the race course? **I was never a big fan of trying to mix on the "go". Know that you can absorb a specific number of calories each hour. Anything less leaves you lacking optimal fuel. Anything more can create some GI distress. Either way.....it's not pretty. So the mixture is key. I'd mix prior.**

Or should i use my special needs bag to hold the Sustained Energy bottle for the second half of the race? **this is what i recommend.....OR you can carry it all (via camel-back), but this isn't necessary. and none like to go 56miles lugging water on their back when it's not absolutely necessary.**

STUDIO



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

5. Last question, do we get the special needs bags back after the race incase there is anything left in it we still want?
yep.....

Take care.

Sonni