



HEY MAMELE MOUNTAIN RUNNERS!!

We are officially 5 weeks out until race week!
You read that right, 5 weeks!!

We truly can't wait to see you! We've got a bunch of important information coming your way these next few weeks, so keep an eye out and be sure to read every email!

One of the most important things you can do to prepare for the race is to make sure that you fuel your body correctly.

The biggest thing I would say in regards to nutrition at this point in time is to not wait to experiment with food.

Figure out **NOW** what sits well with your body.

Don't wait until the week before the race to try new foods to fuel up.

Think about nutrition as part of your training!



here are our favorite ways to start

FUELING YOUR BODY NOW!!



MAKE SURE YOU'RE GETTING ENOUGH CARBS & PROTEIN

Carb loading really isn't necessary, but getting in a 40/30/30 ratio daily (according to your calorie intake) will make sure you have enough energy and be able to have adequate muscle recovery. For post runs, I suggest consuming something within 30 minutes that is in a 3/1 carb to protein ratio. A good example of this is chocolate milk, a granola/protein bar, lunch meat and crackers, rice and chicken, etc. This will help restore your glycogen stores and help you with endurance and energy on future runs.



EXPERIMENT AND KEEP A FOOD JOURNAL

Keeping a food journal is a great way to remember what has made you feel your best in the past. Keep track of foods you ate, timing, what you ate during your runs, etc.



FUELING DURING YOUR RUNS AND THE RACE

I suggest an additional 30 grams of carbs and 10 grams of protein for each ADDITIONAL hour of exercise you complete each day. Obviously that can vary depending on the pace you plan on training at, but if you aren't exercising for over an hour, extra nutrition really isn't needed as long as you are eating enough for your body everyday. For food and electrolytes we suggest setting a goal of taking sips of at least water every 10-15 minutes or so and alternating between water and electrolytes if possible.

QUICK NUTRITION TIPS FOR RACE DAY



#1 Eat a familiar carbohydrate rich breakfast around 7 am on the day of the race. Remember to avoid trying any new food.



- ★ **#2** Fuel up with some simple carbs 30-60 minutes before your wave starts. This should be a small, quick digesting carbohydrate snack. It's important to top off those energy stores!
- ★ **#3** Replenish with carbohydrates during the race. For an 8-mile race, it will be beneficial to fuel with around 30-60 grams of carbohydrates per hour. Our aid stations will be stocked with pretzels, nerd clusters, water and electrolytes!
- ★ **#4** Post race recovery starts when you're done. As soon as you cross the finish line, begin your recovery with a mix of carbohydrates and protein. This helps to restock those glycogen stores and repair muscle tissue! We will have a mix of protein and carb options for you when you're done.



Another great thing to incorporate to keep you healthy as you prep would be some solid basics like greens, electrolytes, and protein! Just Ingredients has a great lineup covering all of these and more!! Plus they're known for keeping things simple with no fillers or junk added in.

If you know you're falling short on any of these in your regular diet, it's worth giving them a try. They gave us a discount code just for you guys!

Use MAMELE at checkout for 20%

[Shop Just Ingredients](#)

I can't believe how close we are to race weekend. If you have any questions, please reach out! We want each of you to have the best day on the mountain!

ps. keep watching your emails, race itineraries will be sent out on August 17th!

- Andrea & The Mamele Mountains Team



PS! We've got some incredible companies that we have partnered with for the year to help bring you the absolute best experience at the race. I individually reached out to each one because I personally use their products or services and know that you will love them too. I'm not getting paid to share them and genuinely love each one.

You can show them some support or give them a try by shopping their links below! I've included our discount code if we have one.

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