

## FUELLING UP

### Food

Avoid digestion-intensive food immediately before and during your run. Try fruit, cereal and yogurt or a light muffin two to three hours before running and save the eggs Benedict for afterwards. If you run first thing in the morning, you should consume something soft and easily absorbed like a banana. Don't head out on an empty stomach, though, or you'll run out of steam.

On most runs lasting an hour or less the body can draw enough energy from muscle stores, but on longer missions you'll need to intake small portions of quick-burst carbohydrates to maintain energy and replace electrolytes. Scientifically engineered nibbles such as gels, shot blocks and energy bars are popular, but be sure to drink water with these or you'll puke! On adventures lasting more than three hours, you may want real food such as gorp, hard sausage, jerky or bagels – stuff with salt, fat and protein. In general, the key is to consume small doses to alleviate cramps or an upset stomach.

**Fuelling Up** *Is coffee an integral part of a runners morning preparation? It's up to you to decide...*



### Hydration

Good hydration is essential for optimal performance and injury prevention. We all know that well-hydrated muscles and ligaments are stronger and suppler. We also know that personal requirements vary dramatically. Be sure to drink plenty of fluids before and after running. Experts suggest replenishing one cup of water for every 15 minutes of exercise. Many runners consume sports-oriented drink mixes that contain carbohydrates and electrolytes to assist in recovery. Popular brands include Refresh, Nuun, Cytomax and Gatorade.

Out in the mountains it can be tempting to drink from creeks and streams. Don't do it! Water-borne pathogens such as *Giardia* will reap havoc with your stomach. Avoid gastrointestinal grief by purifying all creek water with a product such as Pristine. Problem is, this procedure is inconvenient when running. If you think you'll need water during your run, it's best to get it from a reliable source and bring it with you in a handheld bottle or bladder-backpack.

A debate regarding the pros and cons of caffeine (street name: coffee) and its affect on athletic performance continues to rage. Read all you like, but my research suggests that a strong cup of "Black Death" in the form of espresso or Americano is *guaranteed* to supercharge weary trail runners, especially at the crack of dawn. If you enjoy coffee compulsively, I recommend avoiding milk, soy or sugar-injected models such as lattes, café mochas or cappuccinos until *after* your workout, at which point this exotic liquid will taste pleasantly illegal alongside your Belgian waffles.

### Rich's Bison Burgers

#### Ingredients

Organic bison or buffalo sirloin, rolled oats, egg, bread crumbs, jalapeno pepper, garlic, sea salt, portobello mushrooms, black olives, red onions, cilantro

#### Preparation

- Preheat BBQ to 400 degrees
- Crack a cold beer
- Knead ingredients together and make patties about 1" thick
- Cook 4-6 minutes per side
- Garnish with Colby or jack cheddar
- Add your favorite fixings

### Rich's Breakfast Boilers

#### Ingredients

Cobb's cape-seed loaf, avocado, organic eggs, cheddar cheese, Tabasco sauce

#### Preparation

- Boil egg (8 minutes)
- Melt cheese on two slices toast
- Cut egg into slices and place over toast
- Slice avocado and lay atop the eggs
- Add Tabasco, salt & cracked black pepper
- Top with second slice of toast
- Devour