

A person is shown from the waist down, sitting on a large, textured rock. They are wearing a dark green long-sleeved shirt and dark pants. They are holding a white packet of Skraich Labs powder and pouring it into a clear plastic water bottle. The bottle has a yellow cap and a green label that says "skraich LABS" and "simple is better". The bottle is partially filled with a yellow liquid and has some white powder on top. The background is a blurred, rocky landscape with some greenery.

skraich  
LABS®

# Pikes Peak Marathon + Ascent Nutrition

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# agenda

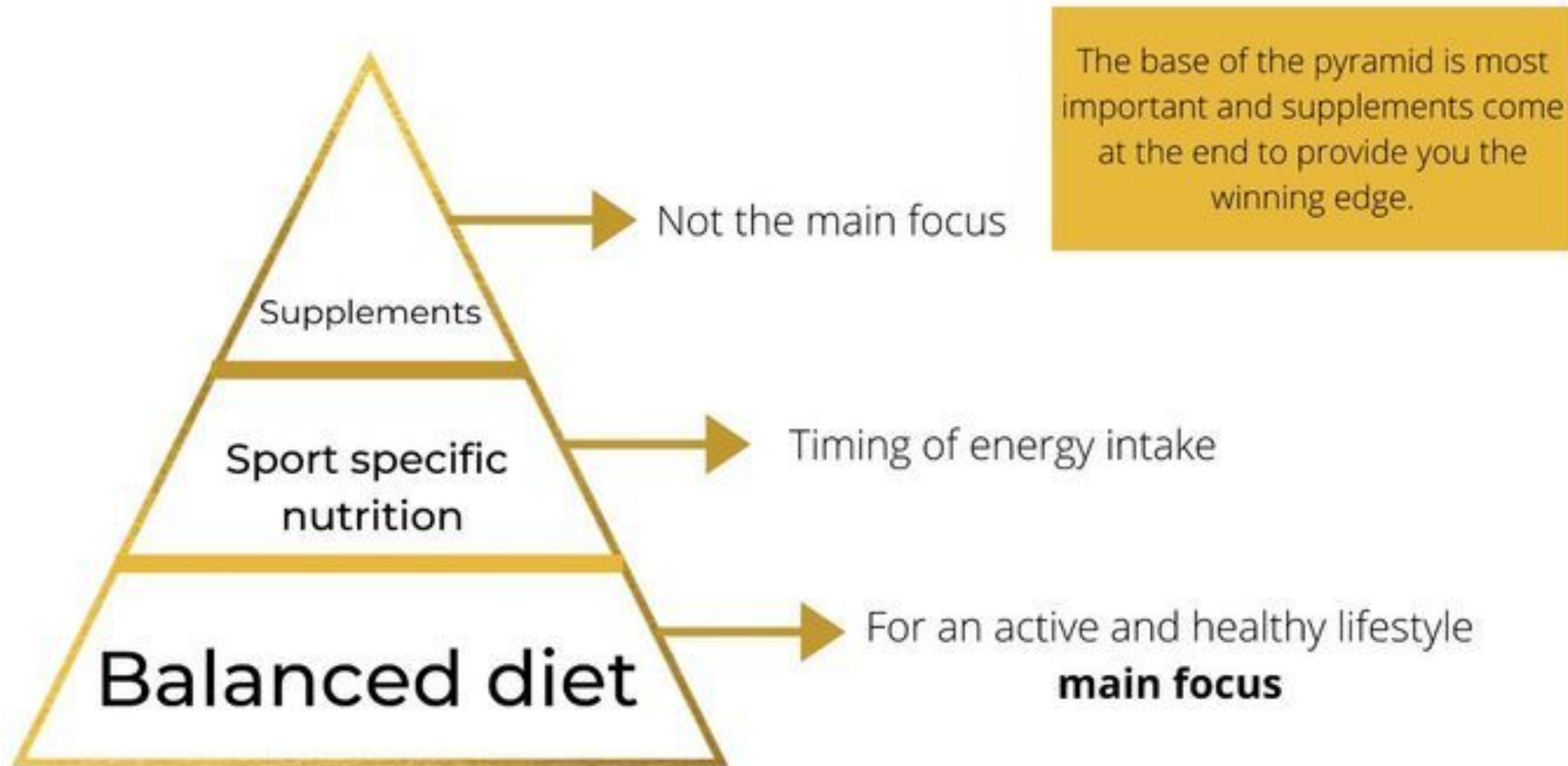
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1. Nutrition Prep
2. Race Day Nutrition
3. Hydration
4. Elevation/Other Considerations
5. Q&A



# DAY-TO-DAY NUTRITION

## Sport Nutrition Pyramid





# FUELING 101

## Carbohydrates

- Body's **primary fuel source**
- Stored as glycogen in muscle & liver
- Low glycogen leads to early fatigue & poor performance
- Aim for 6-12 g/kg per day
- Sources: Fruit, grains, dairy

## Protein

- Muscle growth and repair
- NOT a key energy source
- Great for a bedtime snack to aid in recovery
- Aim for 1.3-2g/kg per day
  - Spread across meals/snacks
  - 20-40g per meal
- Meat, fish, eggs, tofu, beans, greek yogurt, cottage cheese, protein drinks/powders

## Fats

- Body's 2nd energy source, especially at low intensity exercise
- Slow digesting → not a pre-workout fuel
- Regulates body temp, cholesterol & hormone production, protects organs
- Aim for ~25% of calories or 0.5-1g/kg → **quality of fat is more important than quantity**
- Aim for foods high in omega-3 fats, low in saturated fat
- Omega-3: Avocado, nuts/nut butters, olive oil, fatty fish
- Saturated (limit): fried foods, baked goods, butter,

# DAY-TO-DAY NUTRITION



## Quick Tips

- Eat every 3-4 hours
- Eat a bedtime snack
- Avoid fasted workouts!!
- Practice raceday fueling

# RACE DAY NUTRITION

2-3 days before

## Increase Carbohydrate Intake

Consume 6-10g/kg of carbohydrates or  $\frac{1}{2}$  -  $\frac{3}{4}$  your plate at **every** meal

Night Before

## Pump up the Sodium

Use extra Skratch hydration mix, add salt to your meals, have a salty soup

Morning of Race

## Fuel with Carbs + Stay Hydrated

Eat breakfast 2-3 hours before the race. Low in fat and fiber. Sip on hydration with electrolytes all morning. 15 minutes pre-race, have a gel, chews, banana, cup of juice, etc

During

## Keep the Carbs going!

Consume 30-90g of carbohydrate per hour, some might need more! Fuel with about  $\frac{1}{2}$  the calories you burn per hour. Minimum of 16 oz fluid + 500 mg sodium per hour as a starting point.

Recovery

## Protein + Carbohydrate = Smart Recovery

Chocolate milk, Fruit smoothie with protein (whey or yogurt) or eat a meal!



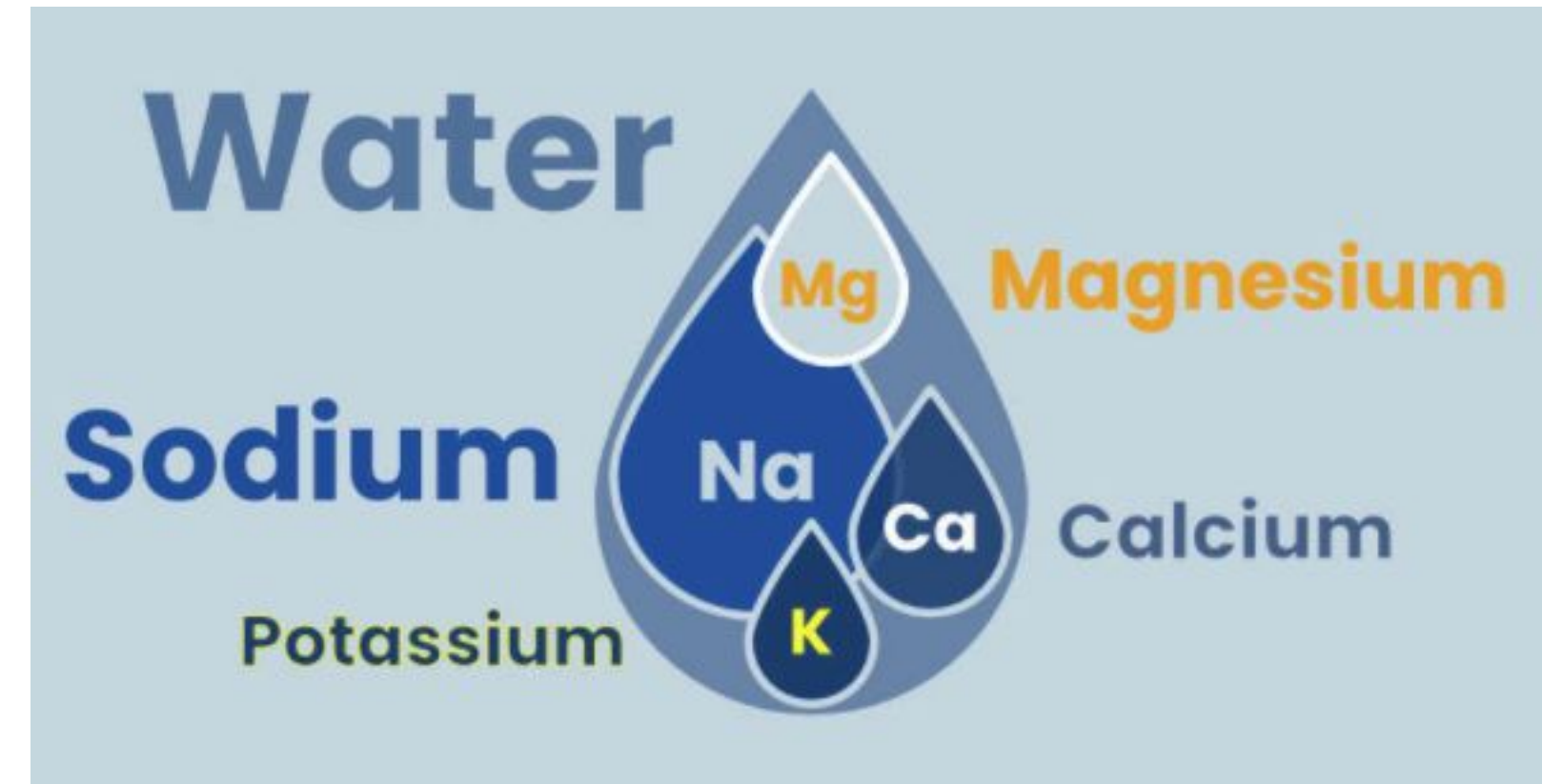
# HYDRATION

## Why Is Hydration Important?

- Core body temperature regulation, Digestion and transport of nutrients, blood pressure regulation

## What's in Sweat?

- Average of **1-3 Liters (33-100 oz)** of sweat loss per 1 hour of exercise
- Average of **800-1000 mg sodium** (salt) lost per 1 Liter (33 oz) of sweat loss



# SODIUM

## How to find what you need?

- If you don't know your sodium sweat losses, aim for the average (800-1000 mg sodium per 1L of fluid)
- Most electrolyte packets have instructions and nutrition facts for 16 oz or 500 mL mixing so 400 mg sodium per 16 oz would match the sweat losses

### Nutrition Facts

About 20 servings per container

**Serving size 1 scoop (22g)**

Amount per serving

**Calories 80**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 0g **0%**

Total Sugars 19g

Includes 19g Added Sugars **38%**

**Protein** 0g

Vit. D 0mcg 0% • Calcium 50mg 4%

Iron 0.2mg 2% • Potas. 50mg 2%

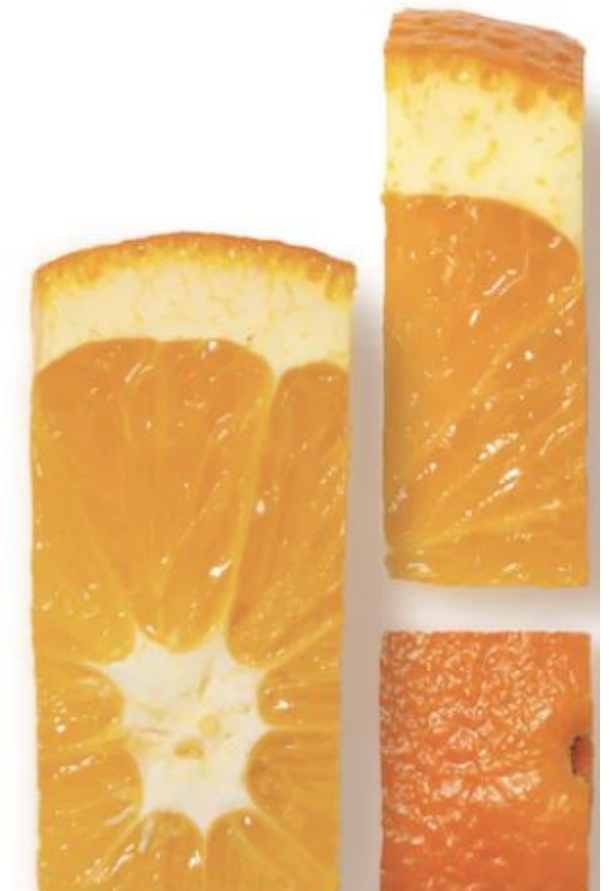
Vit. C 17mg 20% • Magnes. 50mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

non-GMO • gluten free • dairy free  
Kosher • vegan

INGREDIENTS: CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, MAGNESIUM CARBONATE, CALCIUM CITRATE, ORANGE OIL, POTASSIUM CITRATE, ORANGE JUICE, ASCORBIC ACID.

for best results,  
just add water  
and hustle.





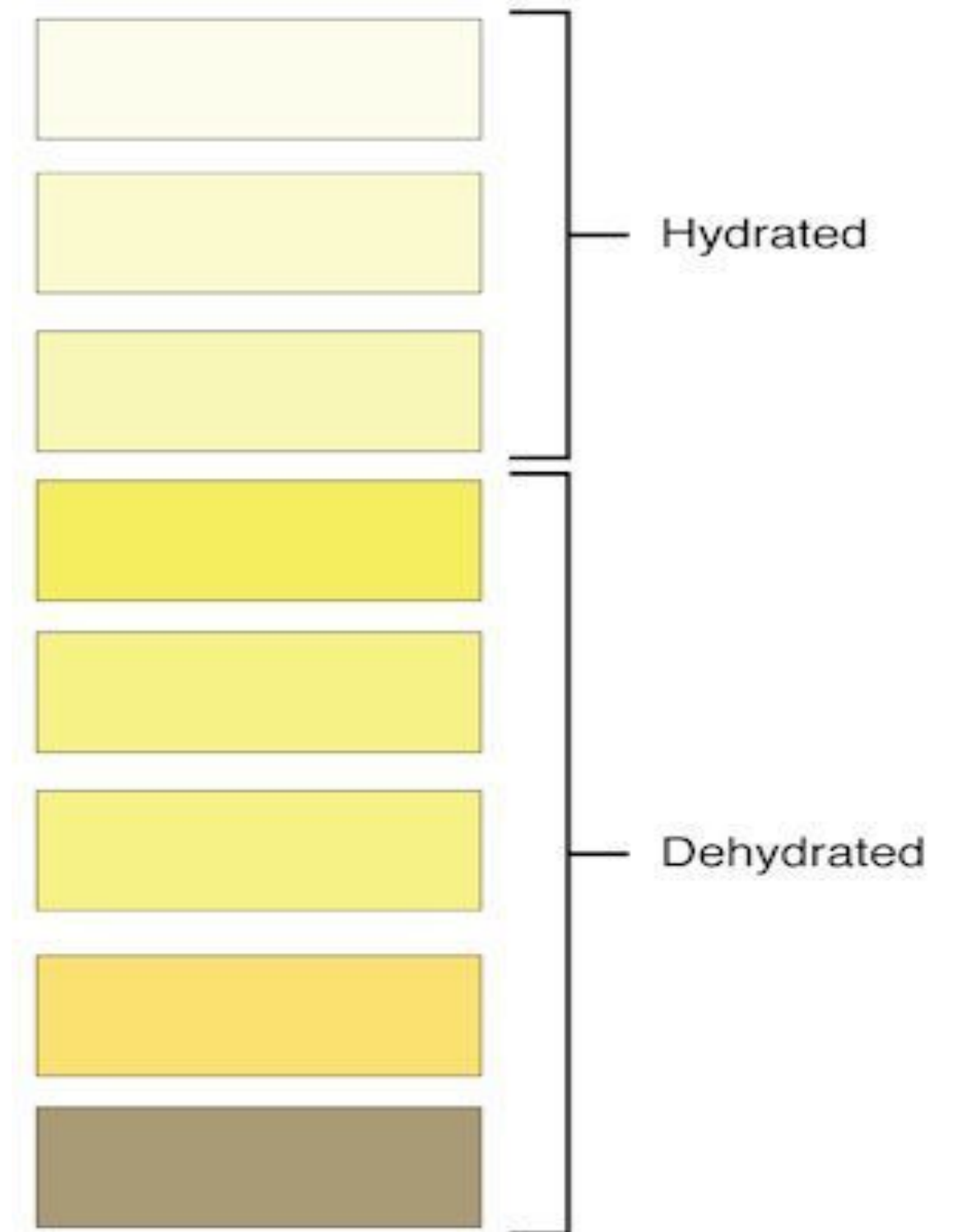
# HYDRATION

## Hydration Needs

- At least  $\frac{1}{2}$  your weight in oz of water per day (outside of exercise)
  - 150 lb/2 = 75 oz water per day
- Plus fluids during exercise
  - sport drink for exercise lasting >60 min
  - 3-8 oz every 15-20 minutes
- Plus Fluids After Exercise
  - 16-24 oz for every 1 lb lost during exercise

## Assess Your Hydration Status

- Urine color upon waking



# ELEVATION & OTHER TIPS

## Adjusting Fluid/Fueling At Altitude

- increased needs → 10-30% more fuel

## Cramping/GI issues

- underfueling
- dehydration
  - try to pre-hydrate!
- salt/sour/spice:
  - pickle juice

## Iron Levels

- get iron levels checked prior to altitude
- helps deliver oxygen

## Temperature Changes

- cool yourself down using cold water at aid stations
- pack layers

## Altitude Sickness

- slow down your pace/take breaks
- ginger chews for nausea
- coke/sprite
- liquid calories



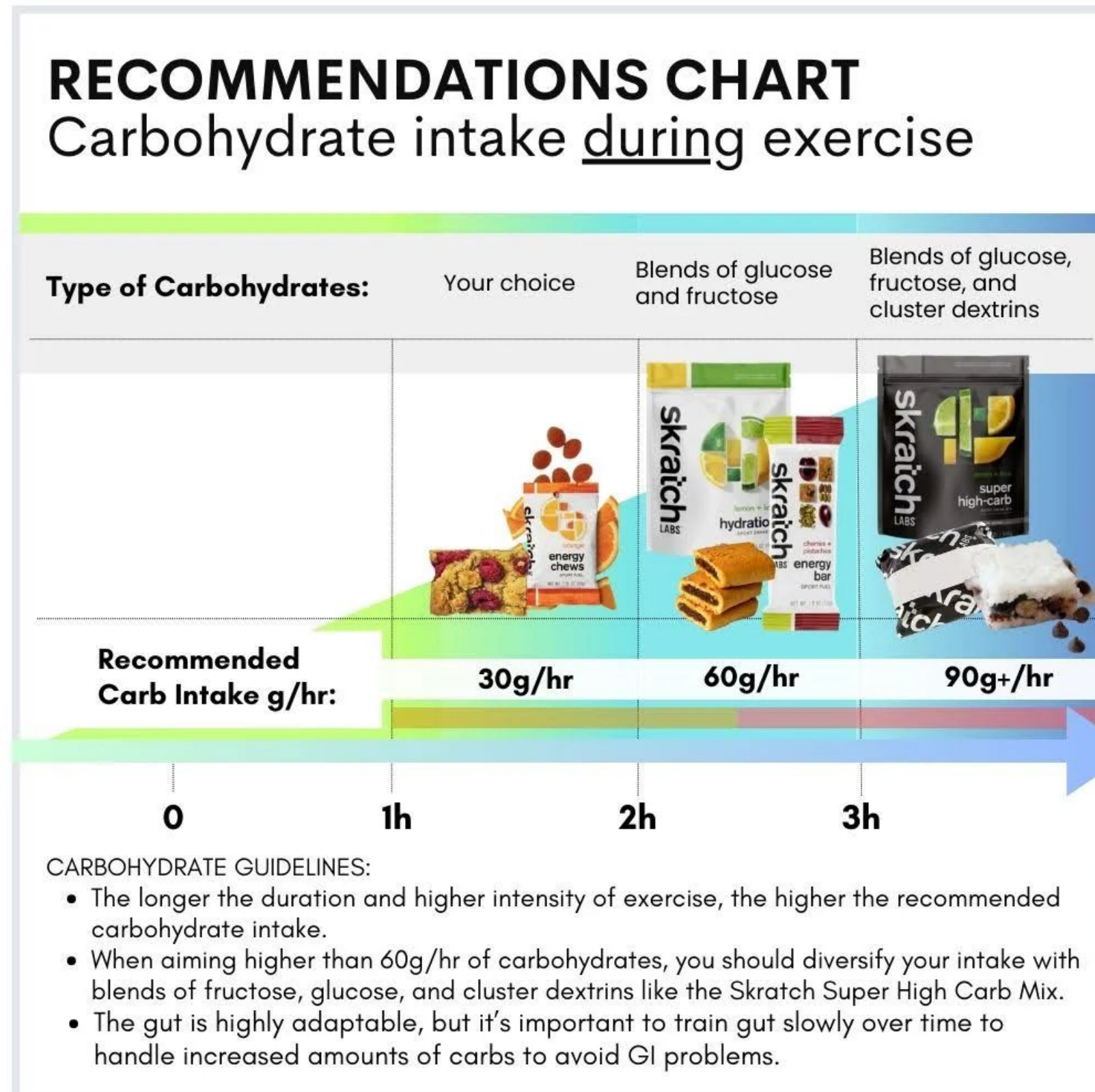
# ELEVATION & OTHER TIPS

## What to Carry?

- running vest or belt
- bottles + electrolytes
- gels, chews, candy
- sweet & salty foods



# ELEVATION & OTHER TIPS





# SKRATCH PRODUCT OVERVIEW

 product comparison per serving						
	 hydration everyday	 hydration sport	 super high-carb	 energy chews fuel	 energy bar fuel	 recovery sport
<b>PURPOSE</b>	hydration	hydration	fuel	fuel	fuel	recovery
<b>CAFFEINE</b>		options available		options available		
<b>SUGAR</b>	0g	19g	8g	12g	8-11g	33g
<b>CARBS</b>	1g	21g	100g	18g	30-34g	35g
<b>SODIUM</b>	400mg	400mg	400mg	80mg	105-250mg	270mg
<b>FLAVORS</b>	2+	6+	2	5	3	3
<b>DIETARY NEEDS</b>	nut free, vegan, gluten free	nut free, vegan, gluten free	nut free, vegan, gluten free	nut free, vegan, gluten free	vegan, gluten free	nut free, vegan option available, gluten free

# QUESTIONS?

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