
ADDENDUM A: FOCO FONDO FUELING AND HYDRATION GUIDE

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Kristen's tippie top fueling and hydration tips:

- Drink 1-1.5 bottles fluid per hour on the bike.
- Eat 1-2 snacks per hour on the bike.
- Drink and eat small amounts often, think sips and bites.
- Start eating and drinking early (in the first hour) and prepare for the big miles ahead.
- Bring more snacks than you think you will need in your pockets or in a bar bag. You may be stuck out there for a bit with a flat tire or stop for beautiful scenery.
- Make a fueling plan. This should include what you will eat, how much you will eat, and when you will eat it along your ride.
- Practice your fueling plan in training/practice rides at least 2 weeks before the Foco Fondo.
- Practice safely eating while riding so you can ensure you will get all the fuel you need during the ride.
- Buy a sample packet or a bag of [First Endurance EFS Hydration Mix](#) to make sure it will not cause any gut issues for you on big ride day.

FUELING AT THE FOCO FONDO

The term fueling in sports nutrition is all about providing energy to the body and brain so you can perform hour after hour. Energy comes from calories in food and sports products. For endurance events ideally most of your fuel is coming from carbohydrate-rich foods because carbs are the body's preferred fuel source.

Carbohydrates are found in fruit, grains, starchy vegetables, and many sports nutrition products. Think fruit, pretzels, crackers, gummies, bars, and sports drinks. These carbohydrate-rich foods will power you through your most fun and fastest time at the FoCo Fondo.

Strive to eat 2 snacks or 1 snack with 1 bottle of [First Endurance EFS Hydration Mix](#) per hour during your ride. One snack is [1 Liquid Shot](#), 1 banana, 1 packet of fruit snacks, 1 bag of pretzels, 1 bag of crackers, ½ packet of fig bars or ½ a [JoJe bar](#).

HYDRATION AT THE FOCO FONDO

If you think about it, almost every bodily system requires water to function. Hydration is also important because it is the main way our bodies cool down when we are exercising in warm temperatures. Our bodies cool down by trapping heat in our sweat and the sweat evaporating. Have you ever licked your arm on a hot day? You'll notice it likely tastes salty. That's because the body uses sodium, found in salt, to get the water out of your cells and onto your skin.

When we are talking about hydration we are talking about fluid, water, and also electrolytes, sodium or salt. Make sure to drink enough fluid during your ride and also fuel up with salty snacks and sports drinks with salt or sodium in them. **Strive to drink 1 bottle of water and eat one salty snack per hour.** You can also just drink 1 bottle of sports drink per hour to get your fluid and electrolytes. Lucky for us, the Foco Fondo will have First Endurance EFS Hydration Mix on course at all of the aid stations. EFS Hydration Mix contains all your fluid and electrolyte needs so you can ride with confidence knowing you are well hydrated.



MAKING A FUELING PLAN FOR THE FOCO FONDO

First thing is first. **Estimate how long it will take you to ride to each aid station, what you will eat and drink between each aid station, and what you will need to restock at each aid station for the next leg.** Let's say you are planning to average 15mph during your ride. The first aid station is around mile 32 for Double Dog Dare You riders. This means it will take you just over 2 hours to get to the first aid station. Plan to finish 2 bottles of fluid and eat 3 to 4 small snacks between the start and the first aid station. Or eat 1 to 2 small snacks if you have a drink mix with carbohydrates in both your bottles, like First Endurance EFS. For example, drink 2 bottles with EFS Mix and eat 1-2 Liquid Shots between the start and the first aid station. When you get to the first aid station refill both of your bottles with EFS Mix and 1 banana and 1 JoJe Bar. Eat and drink everything before the second aid station.

If you'd like to work with a professional to dial-in your personalized fueling and hydration needs, consider hiring our friend and colleague [Kristen Arnold MS, RDN, CSSD](#). She is a Registered Dietitian specializing in sports nutrition and can help you with all your fueling needs including making a [custom big ride day fueling plan](#). Have dietary restrictions? No problem, she can help. Have big event day nerves? She will help to come up with creative solutions to make sure you get the fuel you need even with a nervous tummy. Here are Kristen's [nutrition services](#) and [coaching services](#).