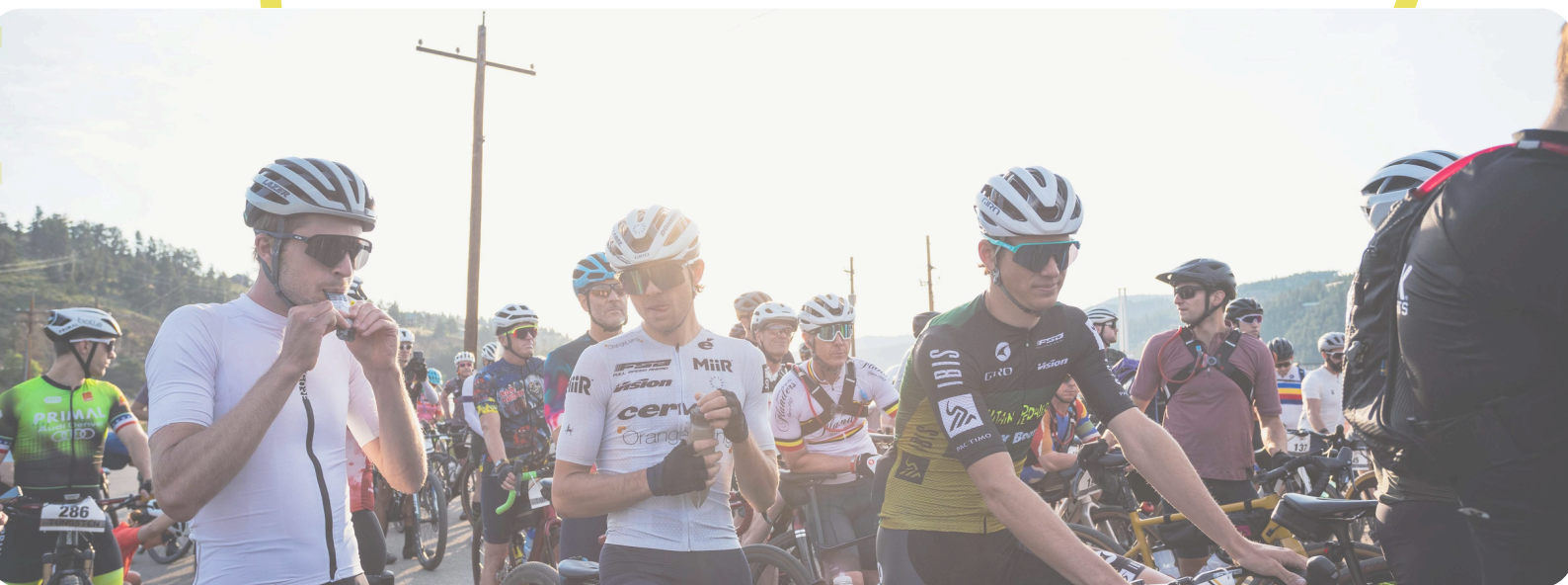




# FUELING GUIDE

## PRACTICAL FRAMEWORK FOR FUELING AT ALTITUDE

**Ned Gravel is long, steady, and at high elevation.  
This guide gives you a clear, race-ready fueling strategy you can practice  
in training and execute with confidence on race day.**





# ARE YOU READY?

**Ned Gravel is not just another ride.**

**It's sustained climbing. At altitude.  
And it's long enough that fueling will  
determine how your final hour feels.**

**This guide will help you build a simple,  
repeatable fueling strategy you can  
practice in training and execute on race  
day.**



*Taylor Brower, RD*

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# WHY FUELING MATTERS

**Most athletes don't slow down because they aren't fit enough.**

**They slow down because fueling breaks down.**

**At altitude:**

- **Appetite is suppressed**
- **Thirst cues are unreliable**
- **Carbohydrate reliance increases**
- **It's harder to recover once you fall behind**

**Once glycogen drops too low, power output fades and your stomach often stops cooperating. Catching up becomes difficult.**

**Fueling is not something to "figure out" mid-race.**

**It needs to be proactive.**

**Fitness sets your ceiling.**

**Fueling determines whether you reach it.**





# 3 PILLARS OF RACE FUELING

## Carbohydrates

**Carbs are our body's primary performance fuel**

**General guidelines:**

- 2-3 hour effort → ~60g per hour
- 4-6+ hour effort → 60-90g per hour



**This is not guesswork. It must be practiced in training.**

## Fluid

**At altitude, you may not feel as thirsty — but you are still losing fluid.**

**General range:**

- 16-28 oz per hour

**Adjust for:**

- **Body size**
- **Temperature**
- **Sweat rate**



## Sodium

**Sodium helps:**

- **Maintain fluid balance**
- **Support muscle function**
- **Reduce late-race fatigue**



**Sweat sodium varies widely between athletes.**

**Most athletes perform well in a range of:**

- **300-800 mg sodium per hour (heavy sweaters may need more)**



# DURING RACE FUELING TIPS

## **FUEL EARLY AND OFTEN**

The biggest mistake athletes make when it comes to racing gravel: waiting too long to start eating. Start fueling within 30-45 minutes of race start.

## **KNOW THE COURSE**

Climbs and flats are great opportunities to fuel. Sometimes longer descents can have us forgetting to get something in. Plan ahead of time. Familiarize yourself with the aidstations as in longer races, it's hard to carry everything that we need.

## **ALTERNATING SOLIDS AND FLUIDS**

Alternating your fuel source can help with flavor fatigue and in some cases GI upset. Using solid foods in the beginning and shifting to more liquid toward the end can be helpful.

## **PRACTICE YOUR FUELING**

Just like we are training our legs for the race, we can train our gut to tolerate types and amounts of fuel



# RACE MORNING FUELING PLAN

## 3-4 HOURS BEFORE START

**Aim for something that is carbohydrate-forward, but still has some protein and fat, to help with satiety**

**This can look like:**

- **Oatmeal + banana + maple syrup**
- **Rice + eggs + fruit**
- **Toast + nut butter + jam**
- **Bagel + yogurt + fruit**

**Make sure to sip on water with some electrolytes as well**

## 30-60 MINUTES BEFORE START

**Top off with:**

**30-60g of simple carbohydrates**

**Some fluid and electrolytes**

**Examples:**

- **Banana**
- **Small bar**
- **Gel**
- **Sports drink**

**This helps you start the race fueled, not playing catch up**



# EXAMPLE PLAN FOR GOLD COURSE

## BACKGROUND

Athlete is aiming for 75g of carbs and 750 mL water per hour and have a goal to finish the course in 4 hours.

Starting with some more solid food choices and then moving toward more gels/liquids

Aid stations will be at Miles: 10, 31, and 40

## HOUR 1

750 mL bottle with 1.5 scoops of  
Skratch Hydration (30g carbs)  
1 gel (25g carbs)  
Half of a granola bar (20g carbs)

## HOUR 2

750 mL bottle with 1.5 scoops of  
Skratch Hydration (30g carbs)  
1 gel (25g carbs)  
~20 mini pretazels (~25g carbs)  
Refill at Aid Stations

## HOUR 3

750 mL bottle with 1.5 scoops of  
Skratch Hydration (30g carbs)  
2 gels (2 x 25 g carbs)

## HOUR 4

750 mL bottle with 1.5 scoops of  
Skratch Hydration (30g carbs)  
2 gels (2 x 25 g carbs)



# FAQS

## **HOW DO I KNOW I'M EATING ENOUGH DURING THE RACE?**

If fueling is working, you should notice stable energy across hours, consistent power output, clear thinking, minimal GI discomfort. If you feel shaky, foggy, or suddenly lose power late in the race, carbohydrate intake is often too low — especially early on. Fueling is proactive. Don't wait until you feel low.

## **WHAT IF I DON'T FEEL HUNGRY DURING THE RACE?**

That's normal especially at altitude, where appetite is suppressed. Waiting for hunger is often too late. Set a timer and fuel consistently every 20–30 minutes regardless of appetite cues

## **SHOULD I USE ONLY SPORTS NUTRITION PRODUCTS?**

No, you can meet carbohydrate targets using real food, sports nutrition, or a combination of both. What matters most is consistently hitting your carbohydrate, fluid, and sodium targets. Choose options you've practiced and tolerate well.

## **WHAT IF I'VE HAD GI ISSUES IN THE PAST?**

Most race-day GI distress stems from underfueling early, taking in too much too late, or not training the gut. Gradually increasing carbohydrate intake during long rides improves tolerance and absorption. Avoid introducing new strategies on race day.

## **WILL FUELING PREVENT CRAMPING?**

Cramping is multifactorial, but inadequate carbohydrate intake, dehydration, and sodium mismatch can contribute to fatigue and muscle dysfunction late in long events. A structured fueling plan addresses several of these controllable variables. While not a guarantee, it significantly reduces common risk factors.



# QUICK SELF ASSESSMENT

**TO KNOW IF YOU ARE READY FOR RACE DAY**

**HAVE I PRACTICES 60+ GRAMS PER HOUR?**

**DO I KNOW HOW MUCH I PLAN TO DRINK HER HOUR?**

**HAVE I TESTED MY SODIUM INTAKE?**

**HAVE I PRACTICED MY FUELING ON LONG RIDES?**

**DO I HAVE A RACE MORNING PLAN?**

**IF THE ANSWER IS NO TO MULTIPLE  
QUESTIONS, THERE'S STILL TIME TO TUNE UP  
YOUR PLAN**



# WANT THIS PERSONALIZED?

## FOUNDATIONS PROGRAM

~~\$399~~

**\$299**

Best for first-time racers or those new to structured training

- Three 1:1 Sessions
- Personalized carb and fluid targets
- Race week check list and fueling plan
- Race day plan
- Debrief session post-race

Use Code: **NED-FOUNDATION** when booking

**BOOK FOUNDATIONS**

## PERFORMANCE PROGRAM

~~\$847~~

**\$699**

For athletes wanting to take it to the next level

- Six 1:1 sessions
- Full nutrition assessment
- Gut training protocol
- Carb- loading plan
- Detailed Race Execution
- Debrief session post-race

Use Code: **NED-PERFORMANCE** when booking

**BOOK PERFORMANCE**



# HAVE QUESTIONS?

**UNSURE WHAT PROGRAM IS RIGHT FOR YOU?**



**Book a free 30 minute discovery call**

**[BOOK HERE](#)**

**HAPPY FUELING!**

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**TUNE UP NUTRITION | NED GRAVEL FUELING GUIDE**