

103
TOTAL DISTANCE
Miles

12,612'
ELEVATION GAIN
Feet



THE

2016










LEADVILLE TRAIL 100 MTB

NUTRITIONAL NEEDS

| GOAL FINISHING TIME (# Hours) | 12:00:00 | 11:00:00 | 10:00:00 | 09:00:00 | 08:00:00 | 07:00:00 |
|----------------------------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| FLUIDS (Totals) > 20-30 oz per Hr | 240-360 oz | 220-330 oz | 200-300 oz | 180-270 oz | 160-240 oz | 140-210 oz |
| ELECTROLYTES (Total Sodium) > 500-700mg per Hr | 6,000-8,400mg | 5,500-7,700mg | 5,000-7,000mg | 4,500-6,300mg | 4,000-5,600mg | 3,500-4,900mg |
| CALORIES (Totals) > 300=400 per Hr | 3,600-4,800 | 3,300-4,400 | 3,000-4,000 | 2,700-3,600 | 2,400-3,200 | 2,100-2,800 |
| AMINO ACIDS > 3,000-5,000mg per Hr | 36,000-60,000mg | 33,000-55,000mg | 30,000-50,000mg | 27,000-45,000mg | 24,000-40,000mg | 21,000-35,000mg |

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NUTRITIONAL PLANNER

| Each product serving includes: | #Servings | CALORIES | ELECTROLYTES | AMINO ACIDS | FLUIDS (oz) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|---------------|--------------------|-------------|
|  ENERGY GELS CALs SODIUM BCAAs 100 50mg 450mg | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  ENERGY CHEWS CALs SODIUM BCAAs 80 40mg 400mg | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  ROCTANE ENERGY GELS CALs SODIUM BCAAs 100 125mg 1425mg | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  ROCTANE ENERGY DRINK CALs SODIUM BCAAs FLUIDS 250 320mg 1900mg 21oz | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  HYDRATION DRINK TABS SODIUM FLUIDS 320mg 16oz | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  HYDRATION DRINK MIX CALs SODIUM FLUIDS 70 250mg 21oz | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  ENERGY STROOPWAFEL CALs SODIUM BCAAs 150 150mg 450mg | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  ROCTANE ELECTROLYTE CAPS SODIUM 140mg | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
|  WATER BOTTLES FLUIDS 21oz | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |
| TOTALS | X ___ = | ___ Cals | ___ mg Sodium | ___ mg Amino Acids | ___ oz |

#GUFORT