

Green Jewel 50K March 5, 2016

Calories needed for 5.5 hours =  $300 \times (5.5 - 1.3) = 1260$  C

Breakfast

cereal with water = 120 C

boiled egg = 80 C

energy bar = 210 C

Sub Total = 410 C

45 minutes before the run

Cliff Bar = 240 C

During the run

20 ounces defizzed Coke = 230 C

4 gels = 400 C

½ banana = 50 C

Sub Total = 680 C

Total =  $410 + 240 + 680 = 1330$  C This is enough.

Electrolyte = 3 Salt Sticks

Fluids

Water:  $4 \times 16 + 3 \times 6 = 82$  ounces

Coke:  $1 \times 20 = 20$

Total = 102 ounces or 3.3 ounces/mi which is good for cool temperature.

AS1 means Aid Station 1

	Del (mi)	Miles	RaceTime	ClockTime	Food`
Start		0	0	9:00 AM	Nothing
AS1 Lorain Overpass	4.9	4.9	48:00	9:48	gel +water*
AS2 Rocky River Nature Center	5.1	10	1:40:00	10:44	gel and water
AS3 Wallace Lake	5	15	2:30:00	11:30	gel + water +Salt Stick
AS4 The Chalet	4.1	19.1	3:10:00	12:10 PM	water +Salt Stick **
AS5 Stuhr Woods Picnic Area	6.4	25.5	4:21:00	1:21	Coke +banana+Salt Stick
Finish	5.6	31.1	5:17:00	2:17	

\* water - means Mary Jane will hand me a bottle of water for me to carry.

\*\* James is carrying gels he will eat after AS4 if needed.