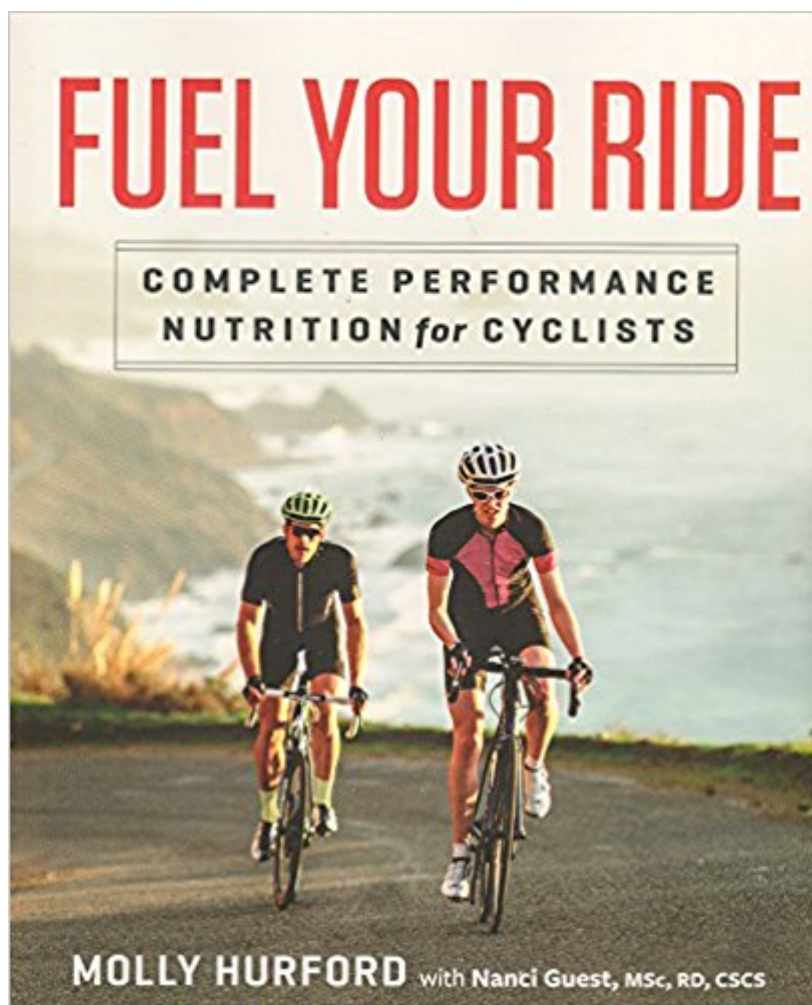


The book was found

# Fuel Your Ride: Complete Performance Nutrition For Cyclists



## Synopsis

Athletes know that proper nutrition is important, but finding the right balance can be complicated. Fuel Your Ride is a comprehensive guide to performance nutrition for cyclists and provides all the tools you need to customize a unique nutrition plan to achieve maximum performance. This book teaches riders everything from what to eat on race day to avoid the dreaded bonk to how to lose weight while consuming enough nutrients and power hard training rides. Fuel Your Ride combines the expert advice of numerous nutritionists, coaches, and professional cyclists to present a simple, clean, and whole foods approach to eating complete with easy-to-follow recipes that include delicious and nutritious vegetarian, vegan, and gluten-free options. In addition to chapters on in-exercise food and hydration, supplements, and weight loss, special attention is placed on what to eat and the best time to eat, taking into account the different nutritional requirements for training rides, race performance, and recovery. Fuel Your Ride provides cyclists with the comprehensive nutritional information you need to efficiently power your rides and perform at your very best.

## Book Information

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## Customer Reviews

Molly Hurford has taken her years of experience, both as an athlete and a journalist, to create a comprehensive, easy to follow, no BS guide for fueling the cyclist. Merging this experience with the expertise of dietician Nanci Guest makes this a go-to guide for any cyclist looking to improve their overall nutrition and fueling for performance.- Stacy Sims, MSc, PhD, Exercise Physiologist-Nutrition Scientist"As a mountain bike racer who loves to eat, I know first-hand how much of an impact nutrition has on training and racing performance. But as this terrific book illustrates nutrition doesn't

have to be boring. If you want to feel great, ride fast and avoid the bonk, this is the book for you.~ Evan Guthrie, Pro Mountain Biker for Norco Factory Racing in Canada "Whether you've been riding bikes your whole life or are just getting started, this book has so much high quality digestible information about how to improve your overall diet for a better ride and a better life! If ever a nutrition book could be described as a riveting page turner, Molly Hurford has done it with Fuel Your Ride."- Olivia Dillon, Pro Road Cyclist

Molly Hurford is a writer-at-large for Bicycling magazine and a level 3 coach with USA cycling. Prior to working with Bicycling, Molly was an editor at Cyclocross Magazine. She lives primarily on the East Coast but spends most of her time on the road chasing races and good cycling weather. Nanci Guest, MSc, RD, CSCS, is a registered dietitian with both the Ontario and BC College of Dietitians. She is a certified personal trainer and certified strength and conditioning specialist, was the director of sport nutrition and head dietitian for the Vancouver 2010 Winter Olympic Games, and is the current dietitian for the Pan Am games. She lives in Toronto.

Lots of good information in the book.

Came highly recommended...was purchased as a present, but I'm only giving it a 4 because I didn't read it myself. He liked it.

Very informative nutrition for cycling in an easy to understand style. She has a nice summary in each chapter for future quick reference.

Very basic. Nothing new.

It's OK info I can use.

Well written, very insightful for a weekend warrior.

After struggling to find a concise guide to sports nutrition, and reading some very outdated advice (i.e. a book that recommended dangerously low amounts of dietary fat) this was a breath of fresh air. There is a little bit of woo (promoting organic foods for better nutrition, which is not supported by evidence), but it's easy enough to ignore. It does make me question some of the judgment of the

quoted dietician though. Following the macronutrient and meal-timing recommendations in this book has substantially improved my satiety, ability to control my weight, and consistency of performance in training. I recommend this book to friends and family that participate in various endurance sports like cycling and running.

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