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EAT TO COMPETE

RACE WEEKEND NUTRITION GUIDELINES



A common concern for drivers is what and when they should eat and drink during race weekend. Even the most health-conscious driver will struggle to find high-performance nutritional choices at most local race tracks around the country. Unfortunately, most race track food stands offer fried chicken sandwiches, french fries, and other greasy foods when in fact, racers should be eating performance foods such as fruit and yogurt.



The solution is to put as much planning into your weekend nutrition as you do car set-up! It's simple; Fail to plan, Plan to fail. Here are some tips to assist in making sure you don't fail.

PACK:

- Familiar, nonperishable food
- Bottled/canned drinks & drink mixes
- Food you can combine to make a meal i.e. bagel, peanut butter, banana and juice or tuna, crackers, apple, cheese, beef jerky, and water

Once you arrive at your destination, go to the local grocery store and stock up on perishable foods and drinks like low-fat milk and milk products (yogurt, cheese, etc.) to store in a refrigerator, if one is available.





SAMPLE RACE DAY DIET:

- **2-3 hours before:** Moderate-sized plate of plain pasta with tomato sauce with some meatballs for protein, bottled water
- **1 hour before:** Energy bar or yogurt and banana, bottled water
- **30 minutes before:** Sports drink, possibly diluted to reduce sugar density
- **Within 30 minutes:** you may sip a diluted sports drink, but it's best to avoid taking in solid foods. An energy gel can be useful but should be followed by a small amount of water
- **Within 15 minutes:** Nothing. To remedy dry mouth, chew on ice. Be conscious of the cleanliness of the ice, to avoid potential

bacterial contamination.

Between heats and during race meal guidelines:

- Drink 6-12 ounces of cool fluid every 15-20 minutes (if possible)
- Eat 30-60 grams of carbohydrates (Sports drinks, fruit, pretzels, or fig cookies are great snack choices)
- Eat familiar, easy to pack, high carbohydrates meals between events

Post-Race meal guidelines:

- Eat a high carbohydrate snack with some low-fat protein within 30 minutes. (Try yogurt and a granola bar or peanut butter on an English muffin.)
- Eat a high carbohydrate, moderate protein meal within 2 hours after competition.

RACE DAY NUTRITION:

PRE-RACE MEAL GUIDELINES:

- Eat 1-4 hours before competition.
- Meals 2-4 hours before should be high in carbohydrates, moderate in protein, and low in fat.
- Meals eaten within 1 hour of competition should be high in carbohydrate, low in fiber, and low in fat.
- Avoid sugary foods before testing, qualifying or races.

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