

Fuel Your Ride: Complete Performance Nutrition for Cyclists


By Molly Hurford, Nanci Guest




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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.

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Bibliography

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Editorial Review

Review

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

About the Author

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.

Users Review

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Howard Martinez:

This Fuel Your Ride: Complete Performance Nutrition for Cyclists usually are reliable for you who want to be a successful person, why. The reason why of this Fuel Your Ride: Complete Performance Nutrition for Cyclists can be one of the great books you must have will be giving you more than just simple reading through food but feed anyone with information that maybe will shock your previous knowledge. This book is actually handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed versions. Beside that this Fuel Your Ride: Complete Performance Nutrition for Cyclists forcing you to have an enormous of experience for example rich vocabulary, giving you trial run of critical thinking that we

realize it useful in your day pastime. So , let's have it and enjoy reading.

David Nester:

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Joe Garner:

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