

**EAT TO RUN. HOLISTIC NUTRITION FOR THE  
ULTRA-MARATHON RUNNER**

**Ray Kurz**

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## What to Eat During an Ultra | ACTIVE

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## **A Day in the Life: How Ultramarathon Runners Really Eat**

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Related books: [Cruel Seduction](#), [Copper Beach: Number 1 in series \(Dark Legacy\)](#), [Sizable Chemistry \(A Plus-Size Erotica Story\)](#), [Launching Your Career - Book 2: How to Make the Transition from Classroom to the Office](#), [Nightmare Academy \(The Veritas Project\)](#), [Pardners \(Lloyds Montana Saga Book 2\)](#).

Many endurance-running nutrition products contain amino acids. I ended up running a strong first half but shortly after experienced the discomfort and performance decline from a distended stomach and puke spewing out of me during the second half of the race. But as noted, hydration can actually be part of your fueling strategy! Great products! We're featuring millions of their reader ratings on our book pages to help you find your new favourite book. And I'm so grateful to God that He has given me the opportunity to make a small contribution to the progress of mankind, to the establishment of peace and love in the world. Body weight can affect your performance. Eating too many carbohydrates Beware of eating too many carbohydrates part 1 switched to using dates during long runs when I did Whole30, and it made such a big difference! Dried mango!