SUMMIT CITY

NUTRITION

FORT4FITNESS • FALL FESTIVAL

RACE NUTRITION GUIDE

FUEL BEFORE. PERFORM DURING. RECOVER AFTER.

BUILT FOR EVERY PACE. FUELED FOR EVERY FINISH.

ON-COURSE FUELING • HYDRATION • RECOVERY

PRESENTED BY SUMMIT CITY NUTRITION

SUMMIT CITY NUTRITION

Who We Are - and Why We Created This Guide

Fueling Everyday People.

We are Tyler and Sadie Pedersen, owners of Summit City Nutrition in Fort Wayne. Our story did not begin with a nutrition business or an IRONMAN finish line. It began with two people deciding they wanted better health, more energy, and a stronger example for their family.

Tyler's journey

Tyler once weighed more than 220 pounds and was struggling with alcohol, consistency, and the person he wanted to become. He began endurance sports as a way to protect his sobriety, rebuild his health, and become a better leader for Sadie and their two daughters.

Today, Tyler is a 6x IRONMAN 70.3 finisher, a 1x IRONMAN finisher, and a certified IRONMAN coach. Through training, racing, and coaching endurance athletes, he has learned how nutrition affects energy, performance, recovery, and the confidence to pursue difficult goals.

Tyler wants to make those same principles practical for everyday people. His goal is to help people improve their health, use nutrition to support the demands of daily life, and achieve the things they are truly capable of.

Sadie's journey

Sadie has grappled with disordered eating and the shifting sense of identity that motherhood brings. She has overcome unhealthy eating habits and reconnected with herself through running.

Over the past year, she completed two half marathons, the Columbus Marathon, and the Bayshore Marathon. At Columbus, she raised $1,500+ for Williams Syndrome, which their youngest daughter has. Now a Certified Sports Nutritionist, Sadie helps everyday people build confidence through nutrition.

Why we are sharing this with you

Our journeys looked different, but they taught us the same lesson: nutrition has to work in real life. We are parents and business owners who understand early mornings, demanding schedules, inconsistent routines, and the challenge of making healthy choices when life is busy.

OUR APPROACH

We combine lived experience, endurance coaching, race-day practice, and the lessons we have learned while helping people in our community improve their nutrition. We believe everyone deserves to learn how to fuel like an athlete - even if they do not consider themselves one.

As a Fort4Fitness nutrition partner, Summit City Nutrition is proud to provide on-course electrolytes and fast carbohydrates to help participants stay fueled throughout the event.

This guide brings together the same practical principles we use in our own lives, training, coaching, and community. Use it as a starting point, practice during training, and adjust it to what works best for your body.

Start Here

You have trained your body to reach the starting line. This guide will help you fuel it to reach the finish line - and recover afterward.

Whether you are racing, walking, chasing a personal best, or celebrating movement with the Fort Wayne community, nutrition can affect how you feel before, during, and after your event.

What this guide will help you do

- Choose food and fluids before the race.
- Match carbohydrates, electrolytes, and hydration to your expected time on course.
- Avoid the most common race-day nutrition mistakes.
- Recover with protein, carbohydrates, fluids, and electrolytes.
- Build everyday habits that support energy, fullness, and performance.

RACE-DAY RULE

Never try a new food, drink, gel, supplement, or caffeine strategy for the first time on race morning.

Use time, not distance alone

Two people can complete the same race at very different speeds. A 45-minute 10K and a 90-minute 10K do not create identical fueling needs. Use your expected finish time, the weather, and what you practiced in training to choose your plan.

Important

This guide provides general education and is not medical advice. People with diabetes, kidney disease, heart conditions, gastrointestinal disorders, medication-related restrictions, or other medical concerns should follow guidance from their qualified healthcare professional.

1. Your Everyday Nutrition Foundation

Race-day fueling works best when it sits on top of consistent everyday nutrition. Your total food intake should reflect your body, goals, activity level, and training volume.

Carbohydrates: your primary endurance fuel

Carbohydrates supply the quickest usable energy for running and walking. As training duration or intensity rises, carbohydrate needs usually rise with it.

- Oatmeal
- Rice and quinoa
- Potatoes and sweet potatoes
- Bananas and other fruit
- Sourdough bread
- Dried mango
- Sports drink, gels, and chews during exercise

Protein: repair and recovery

Protein supports muscle repair, recovery, fullness, and the maintenance of lean tissue. Spread protein across the day instead of saving all of it for dinner.

- Chicken, turkey, fish, and lean meat
- Eggs
- Greek yogurt or cottage cheese
- Beans, tofu, and other plant proteins
- Whey or vegan protein powder

Fats: important, but slower to digest

Healthy fats support overall nutrition and provide energy, but large amounts immediately before running may slow digestion or contribute to stomach discomfort.

- Avocado
- Nuts and nut butter
- Olive oil
- Fatty fish

STARTING FRAMEWORK

The Summit City Nutrition framework begins near 50% carbohydrates, 30% protein, and 20% fats. Treat this as a starting point, not a universal prescription. Training demands and individual goals may require adjustment.

2. Race-Week Nutrition

Race week is about arriving at the starting line fueled, hydrated, rested, and confident in foods you already tolerate. Carb loading is optional, but it can help increase the glycogen stored in your muscles and liver before race day. That stored carbohydrate becomes an important source of energy while you are racing.

Optional three-day carb load

For this event, the Summit City Nutrition approach uses a three-day carb load. Use your current body weight in pounds and multiply it by the number below. The result is your carbohydrate target in grams for that day.

Day	Calculation	Example at 150 lb
Day 1	Weight x 2.10	315g carbohydrate
Day 2	Weight x 2.50	375g carbohydrate
Day 3	Weight x 2.40	360g carbohydrate

You have about 10% leeway on these targets, so do not worry if you do not reach the exact number. Spread carbohydrates throughout the day and continue eating familiar foods that sit well.

Good carbohydrate sources

Pita bread and hummus; orange juice, apple juice, or another familiar juice; rice; honey; oatmeal; pasta; and sweet potatoes.

If you choose not to carb load

Continue eating familiar whole foods throughout race week. Try to limit restaurant meals and unfamiliar foods so you reduce the chance of foodborne illness or unexpected stomach problems before the event.

The day before

Eat familiar meals built around carbohydrates, lean protein, and foods that normally sit well. Avoid turning dinner into an oversized feast.

SIMPLE DINNER FORMULA

Choose a familiar carbohydrate + a lean protein + a modest portion of cooked vegetables + fluids and electrolytes as needed.

Examples

Rice with chicken and cooked vegetables; pasta with lean protein and a familiar sauce; potatoes with fish or chicken; or a sandwich on sourdough with fruit and a simple side.

3. Before the Race

Eat a normal, familiar breakfast on race morning. The goal is to begin fueled without experimenting with foods, portions, or supplements your body has not practiced.

Breakfast examples

- Oatmeal with honey
- Eggs
- Sourdough bread
- Rice with honey

Use your normal amount of caffeine. Race morning is not the time to increase your usual dose.

Timing	What to do
1-2 hours	Hydrate comfortably and consider preloading electrolytes according to your practiced plan and the product directions.
30-60 minutes	If needed, focus on fast carbohydrates such as a gel or liquid carbohydrate source that you have used in training.

Fast-carbohydrate examples

- Sports drink or fast-carbohydrate mix
- Banana
- Toast or sourdough bread
- Dried mango
- Gel or chews
- A familiar low-fat bar

MORNING CAFFEINE

Use only an amount you have already practiced. More caffeine is not automatically better, and too much can increase jitters, stomach discomfort, or the urge to use the restroom.

4. Match Fueling to Your Time on Course

Use these ranges as starting points. Your plan should also reflect weather, intensity, sweat rate, body size, stomach tolerance, and the products you practiced with.

Time moving	Carbohydrates	Fluids	Electrolytes
Under 1 hour	Pre-race carbohydrates may be enough. Optional 20-30g during if practiced.	Drink to thirst; avoid forcing large amounts.	Helpful in heat, for heavy sweaters, or when approaching one hour.
1-3 hours	Start around 30-60g per hour. Adjust through training.	Approximately 18-36 oz per hour, individualized.	Use an electrolyte drink based on sweat rate, heat, and product directions.
3+ hours	Start around 45-90g per hour, using a practiced mix of sources.	Build a personalized plan and avoid drinking beyond thirst or sweat losses.	A practiced electrolyte plan becomes increasingly important.

DO NOT CHASE A NUMBER

A fueling target only helps if your stomach tolerates it. Practice during training, start conservatively, and adjust based on your response.

5. Fort4Fitness On-Course Nutrition

On-course nutrition will be available. Fort4Fitness participants will have access to a carbohydrate and electrolyte mix while on the course.

Use it according to your practiced race plan, expected time on course, thirst, and weather conditions. If possible, practice with the same product before race day.

6. Hydration and Electrolytes

When you sweat, your body loses water and electrolytes. Electrolytes are minerals that help support hydration, muscle function, nerve signaling, and fluid balance.

- **Sodium:** Helps maintain fluid balance and supports normal nerve and muscle function.
- **Chloride:** Works closely with sodium to regulate fluids throughout the body.
- **Potassium:** Supports muscle contractions, nerve signals, and fluid balance inside cells.
- **Magnesium:** Contributes to normal muscle function and energy production.
- **Calcium:** Plays an important role in muscle contractions and nerve communication.

Sodium and chloride are generally lost in the greatest amounts. Potassium, magnesium, and calcium are usually lost in smaller amounts. Total losses vary with genetics, sweat rate, weather, intensity, and time on course.

What the on-course mix does

- Electrolytes help replace key minerals lost through sweat and support hydration.
- Fast carbohydrates provide rapidly available energy to working muscles.
- Fluid replaces water lost through sweat.

WHAT EACH CUP PROVIDES

Summit City Nutrition is providing the on-course nutrition. Each cup will contain approximately 5-7 grams of carbohydrates, 75 milligrams of sodium, plus potassium and calcium.

Signs you may need a more deliberate plan

- You sweat heavily or finish with soaked clothing.
- You see white salt marks on clothing or skin.
- The weather is hot or humid.
- You will be moving for longer than an hour.
- You consistently finish long workouts feeling unusually depleted.

7. Fast-Carbohydrate Options

Fast carbohydrates are easy-to-digest sources designed to supply energy during the period immediately before and during exercise.

Common options

- Carbohydrate-electrolyte drink mix
- Gels
- Energy chews
- Dried mango or other tolerated dried fruit
- Bananas
- Simple candies or other fast sugars, if practiced

A simple hourly combination

For events lasting one to three hours, one serving of fast-carbohydrate drink mix plus one gel or chew serving can often provide roughly 40-60g of carbohydrates per hour. Always calculate the actual grams on your product labels.

TRAIN YOUR GUT

The ability to tolerate carbohydrates while moving improves through practice. Use long training sessions to learn which products, flavors, textures, and amounts work for you.

8. Caffeine

Caffeine can support alertness and perceived effort, but it can also disrupt sleep or cause jitters and stomach problems. Use it deliberately.

- Most training days should rely on normal morning caffeine rather than escalating doses.
- The Summit City Nutrition starting limit is approximately 1-1.5mg per pound of body weight across the day.
- Avoid afternoon or evening caffeine when it interferes with sleep.
- Never test a new high-caffeine product on race day.
- Account for caffeine from coffee, energy drinks, gels, chews, tea, and pre-workout products together.

9. Post-Race Recovery

Finishing is not the end of the nutrition plan. Recovery begins with protein, carbohydrates, fluids, electrolytes, and a normal meal when your stomach is ready.

Within 30-60 minutes

- Aim for approximately 24-30g of protein.
- Begin replacing fluids and electrolytes.
- Include carbohydrates, especially after the Half Marathon or a hard effort.

Within two hours

- Eat a balanced meal or substantial snack.
- A practical starting point is approximately three grams of carbohydrate for each gram of recovery protein.
- For demanding endurance events, carbohydrate recovery may approach 1.0-1.2g per kilogram of body weight.

Replacing fluids

If you measured body weight before and after the event, begin with approximately 16 oz of fluid for each pound lost, then continue drinking according to thirst. Include electrolytes rather than relying only on plain water after significant sweat loss.

SUMMIT CITY RECOVERY

A Summit City Nutrition protein shake provides 24g of protein and can be paired with a carbohydrate source and electrolytes to create a more complete recovery option.

10. Troubleshooting Common Problems

Problem	What to review
Low energy	Review total calories, pre-race carbohydrates, hourly carbohydrate intake, sleep, pacing, and whether you began fueling too late.
Stomach problems	Reduce intensity temporarily; review meal timing, fat and fiber, concentration of drink mix, product type, caffeine, and total intake per hour.
Cramping	Review pacing, fatigue, fluid intake, electrolyte intake, heat exposure, and training preparation. Cramps are not always caused by one missing mineral.
Headache or dizziness	Slow down or stop and seek event medical support when symptoms are significant. Do not assume every symptom can be fixed by taking more electrolytes.
Sloshing stomach	You may be drinking faster than your stomach can empty. Reduce intake briefly and reassess rather than continuing to force fluid.

STOP AND GET HELP

Confusion, fainting, chest pain, severe shortness of breath, inability to keep fluids down, or worsening symptoms require prompt evaluation by event medical personnel.

Your Next Step

Race nutrition is only one part of your health. Your everyday habits - including nutrition, movement, hydration, sleep, and recovery - determine how consistently you can train, work, parent, and perform.

Take the free 60-second health assessment to receive personalized insight into your current habits.

HOW HEALTHY ARE YOUR HABITS?

Nutrition
Movement
Hydration
Sleep
Daily routine

Summit City Nutrition

We help everyday people fuel better, recover stronger, and perform at their best - in sport and in everyday life.

- 24g protein shakes
- Clean energy teas
- Protein snacks
- Nutrition coaching
- Evolt 360 body-composition scans

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Fuel for Every Body