



This newsletter is brought to you by lots of rest days, Annie's bunny grahams, and cat snuggles. If you enjoy it, I'd be grateful if you could share with one or two others!

Donate for the LA wildfires: <https://la2050.org/blog/la-wildfires-volunteer-and-support-guide>. Information on the health effects of wildfires and wildfire smoke (I helped create these infographics in medical school): <https://climatehealth.ucsf.edu/wildfires-health-education-hub>.

Houston road racing!

Connor Mantz, who was the top American in the Olympic marathon last summer, set a new American record in the half marathon in Houston this past weekend. He recaps the key confidence-building workout leading up to the race (3x3 miles) and the race itself in this [YouTube video](#) (start at 1:00).

Weini Kelati finished second in the women's half marathon behind Ethiopian Senayet Getachew and bested her previous American record (set at the same race last year) by 16 seconds. American Erika Kemp placed second in the women's marathon behind Ethiopian Kumesi Sichala.

Christian Allen, who runs for Nike Trail and won the US trail half marathon and 10k championships, placed first American and 7th overall in the Houston marathon with a blazing time of 2:10. Trail runners are fast! Here's an [interview](#) that I like with him and his two little kids from after the trail half last summer.

Coaching snapshot: caffeine!

How should I be using caffeine for racing? I see lots of numbers thrown around! Also, I've tried caffeine before and it gives me stomach issues.

Caffeine has long been used as an ergogenic aid (something used to improve performance). In fact, it was added to the list of banned substances in 1984 by the International Olympic Committee and in 2000 by the World Anti-Doping Agency (WADA). Both organizations removed it from the banned substance list in 2004, but WADA and the NCAA do monitor urinary caffeine concentrations.

A few things to consider if you would like to use caffeine in training and racing, guided by the [International Society of Sports Nutrition position stand](#) from 2021:

- The standard recommendation is 3-6mg per kg of body weight (e.g. 200-400mg for a 68kg/150lb athlete), taken 1 hour before. Consider starting with less and titrating up as tolerated (by the stomach or other senses) from there.
- [Genotype may modify the effects of caffeine](#) supplementation. One study examining [10k cycling time trial performance](#) showed that athletes with certain CYP1A2 genotypes responded better or worse.
- There is likely no additional performance improvement from abstaining from caffeine in the days leading up to a race.
- The half life of caffeine is around 5 hours (but can vary widely), so generally try to avoid it after noon for sleep reasons.
- Pregnancy and hormonal contraceptives (like the pill) can [slow down caffeine excretion](#), so these athletes may want to start with lower doses of caffeine.



Reply to this newsletter or [email me](#) with questions, and I'll answer one in a few weeks!

Let your friends know that I'm taking more athletes! Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so so much!

Chocolate mousse!

This is a tricky but rewarding one!

Ingredients: 9 oz chocolate (60-70%), 6 eggs, 3 tbsp water, 1 pint heavy cream, 6 tbsp sugar, ½ cup Grand Marnier or other liqueur.

Prepare: Separate eggs. Microwave chocolate in 45-second spurts to melt. Measure liqueur.

Execute: Place yolks into a stovepot with the water. Whisk on low heat until slightly thickened, then add liqueur and continue whisking until it's a zabaglione-like consistency. Do not scramble! Remove from heat and fold in chocolate. Whip cream with 3 tbsp sugar, then fold that in. Whip egg whites with 3 tbsp sugar, and fold those in. Place in fridge overnight. Enjoy!



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