



This newsletter is brought to you by an incredible team, prickly pear cacti, and revitalizing lamb stew. If you enjoy it, I'd be grateful if you could share with one or two others!

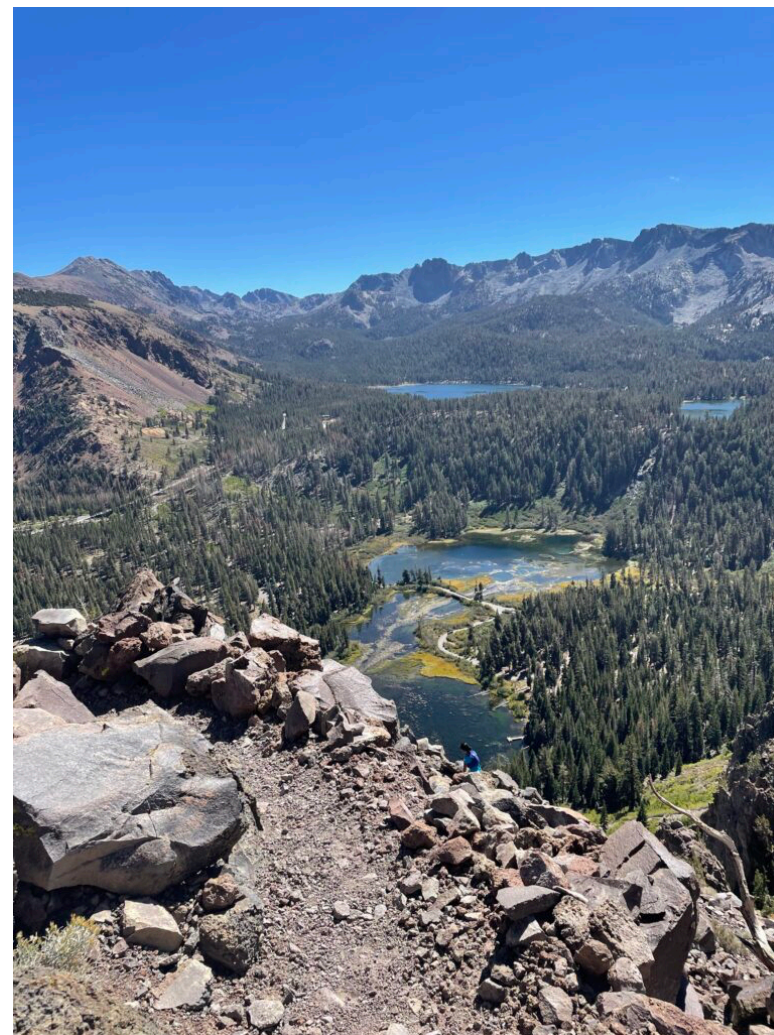
Donate for the LA wildfires: <https://la2050.org/blog/la-wildfires-volunteer-and-support-guide>.
Information on the health effects of wildfires and wildfire smoke (I helped create these infographics in medical school): <https://climatehealth.ucsf.edu/wildfires-health-education-hub>.

The Mammoth

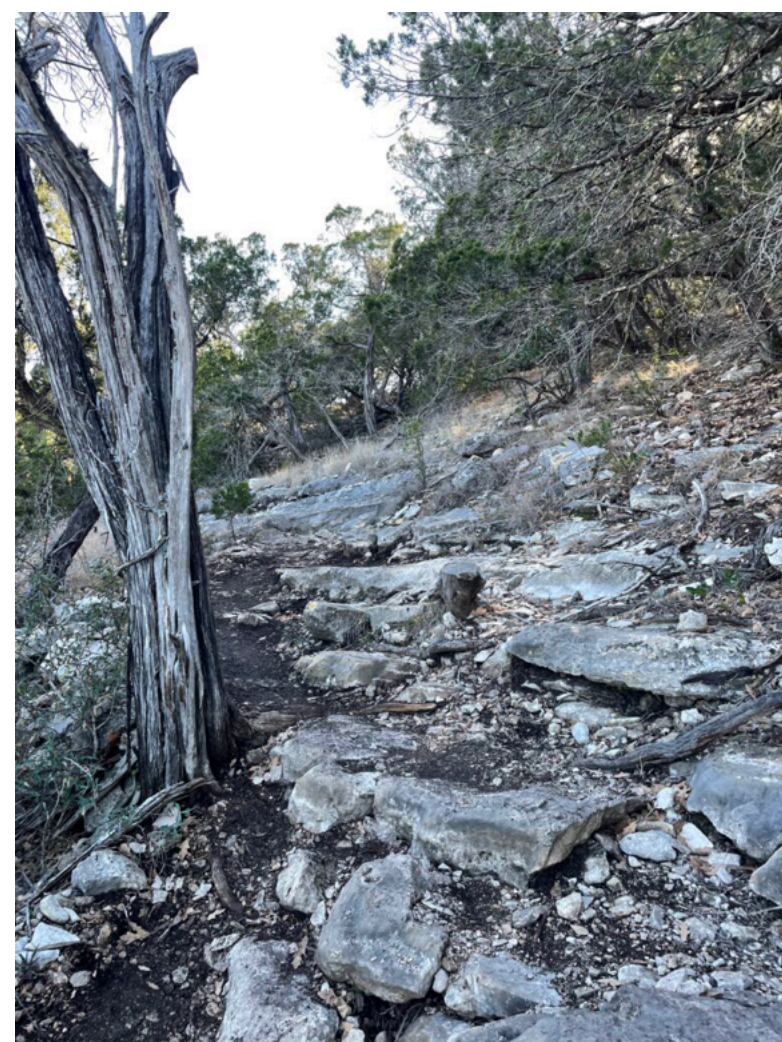
Mammoth Lakes lies on the southeastern border of Yosemite and is perhaps best known for Mammoth Mountain, an 11,000-foot peak used for downhill skiing and mountain biking.

To the right is a photo from the Dragon's Back at Mammoth. I did the 50k race in 2022, the inaugural year of Mammoth Trail Fest.

This year, Mammoth Trail Fest is adding another distance to their race lineup, a 200-miler, appropriately dubbed "[The Mammoth](#)." Sally McRae, a popular ultra runner known for her 200-mile races, takes us behind the scenes on the ideation and planning of this adventure with race founder Tim Tollefsen on her [YouTube channel](#). There are also a number of other documentaries on ultra races.



Bandera 100k race report



We raced our first 100k trail race in Texas this past Saturday. Many thanks to Tejas Trails for putting this race on despite the unexpected weather and a park closure a few days before. It sure felt like a lot of life in a day. One key thing I internalized: it's the act of chasing goals that color stories and make things meaningful, not necessarily the achievement of the goals.

"...I was running well when the trail was "runnable". Even then, sometimes I caught myself walking because I was afraid of tripping. Once I realized that, I would start running — most of the time fear of tripping is a poor excuse to walk in my opinion. Half the time I would trip while walking and that would force me into a run anyway. As Kevin always said during our training runs, be careful when running technical trails, but don't care too much..."

[Full race report](#)

Coaching snapshot: fueling history!

Into the mid-1900s, Tour de France riders would fuel mid-race [with alcohol](#). Nowadays, riders fuel often with over 100 grams of carbs per hour and dialed hydration mixes.

There's a long history of fueling strategies, and even now the research is lagging behind what pros actually do. A glimpse into the late 1900s:

- This [review](#) highlighted that the 1980s is when we first measured performance improvement in 2+ hour endurance events when fueling with carbs; the 1990s is when we investigated shorter high-intensity efforts (e.g. 1 hour at >75% of Vo2max) and found up to 2.3% increases in power with carb fueling.
- This 1985 [study](#) showed that eating 22g carbs/hr improved time to exhaustion at high intensity after 4 hours of easier cycling, compared to 11g/hr or no carbs.



More fueling info to come! Let me know if you have any specific questions. As with anything, fueling is highly individual but can be trained!

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!

Protein banana bread!

Speaking of fueling... this is one of my favorite post-workout snacks!

Ingredients: 4 bananas, 3 tbsp oil, 90g sugar, 1 egg, 64g almond flour, 60g protein powder 125g all purpose flour, 1 tsp baking soda, 1 tsp baking powder, 3 oz mini chocolate chips.

Mix bananas, oil, and sugar in a bowl. Add egg. Add almond flour and protein powder and mix well. Finally, add flour, baking soda, baking powder, and chocolate chips. Bake at 350°F for ~55 minutes. Cool FULLY. It might sink a bit. Really make sure it cools before slicing or it might be mushy!



[Recipe here!](#)

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