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## Bike Athlete Performance, Blog 7

Rachel Grenell

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# VCU Bike Athletic Performance Blog

<https://rampages.us/grenellrm/>

Rachel Grenell

## MY 5 HOUR BIKE RIDE

SEPTEMBER 30, 2015 LEAVE A COMMENT

<https://youtu.be/zjyVIX6YFTs>



## ASSIGNMENT 3: CARBO-LOADING

SEPTEMBER 23, 2015 GRENELLRM LEAVE A COMMENT

I joined the ultimate Frisbee team my first year at VCU. One weekend we had a tournament where we played multiple games each day. To prepare for the tournament, we “carbo-loaded” the night before by eating a large pasta dinner. We chose pasta as the main course because we would be doing a lot of endurance running and the carbohydrates in the pasta were a good source of energy. I personally had never carbo-loaded but other people on my team who have played ultimate Frisbee for a long time said they had done it before, and it was very helpful for them. We consumed the pasta on the Friday night before the weekend tournament started. I believe the extra energy from the carbohydrates helped our performance, and I felt an improvement in my performance. During a different tournament I didn’t eat breakfast before we played because I normally don’t have an appetite early in the morning and I started to feel sick and weak because I didn’t have enough energy to keep running and playing Frisbee. Some examples of the types of food we would eat during the day to avoid feeling tired would be bananas, bagels, and granola bars. I learned that eating before I play sports and eating in intervals throughout the day replenishes the energy I exerted while running and exercising.