

November 21, 2024

From: BC

Hi Devon

I'm glad you are asking interesting questions. Please keep it up.

I don't know what Steve told you after I left the conversation. But here are a few things to consider from my perspective.

- The less weight you carry the better in a marathon. Why would you carry water you don't need when water is the heaviest item in your pack. To save time mixing it? Shoots, you'll be happy for the distraction.
- Your packing system should be light-weight, accessible, and useful (i.e., it meets your needs). It should not be cumbersome, uncomfortable, and difficult to use. I think you should have one (or several) to try out for this Saturday's workout.
- SPIZ is an excellent all-in-one energy/electrolyte powder, with maltodextrin (complex carbohydrate) as it's main ingredient. Spiz and hard candy work well together, provided you know how to use them.

Remember, in Honolulu weather conditions, you'll sweat a lot of liquid which should be returned to your system without the constant need to pee.

Also, your drinks should taste diluted for best performance. Not so concentrated that their movement from the stomach to the intestines, to the working body is hindered.

If you need more energy, your body will crave it. That's a good time to introduce a concentrated, high-energy gel or puree. Nibbling around the edges, of course. :>}

BC