

SWITCH BETWEEN 1 GEL AND  
1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS PER HOUR  
ALL ALONG THE COURSE



FORCELLA AURINE  
(1297 m)

PASSO CEREDA  
(1361 m)

FORCELLA FRANCHE  
(990 m)

CROCE D'AUNE  
(1015 m)

SORRIVA  
(580 m)

FELTRE (266 m)

FELTRE (305 m)



WITHIN 30'

AFTER

-60' -30'

BEFORE

Start

DURING

Finish 125 km



**PRE SPORT**  
SLOW RELEASE  
ENERGY JELLY.



**GEL**  
HIGHLY CONCENTRATED ENERGY GEL.  
AVAILABLE WITH ADDED CAFFEINE.

20 CARBS /  
g SERVING



**COMPETITION BAR**  
HIGHLY CONCENTRATED  
ENERGY BAR.

20 CARBS /  
g SERVING



**ISOTONIC DRINK**  
INSTANT DRINK WITH CARBS  
AND MINERALS.

25 CARBS /  
g SERVING



**R2 RECOVERY DRINK**  
CARBOHYDRATE BASED  
RECOVERY DRINK WITH BCAA.