

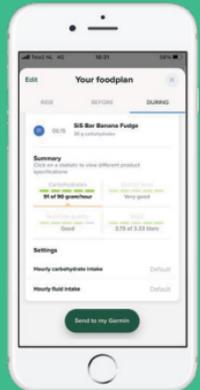
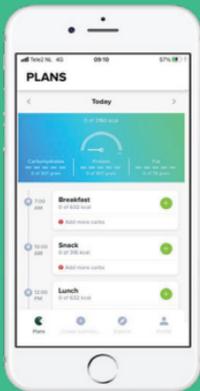
# Q&A: EatMyRide

EatMyRide founder Joram Kolf on the new personalised nutrition app for cyclists

**Cyclist: G'day Joram. Tell us, what inspired you to create EatMyRide?**

**Joram Kolf:** During intense workouts your body mostly burns sugar, as fats are too slow metabolising. But you can only store those sugars in a limited amount. So, how do you know how much sugar you can burn before you hit the wall? And how do you know when to replenish?

EatMyRide is an app that predicts and plans it for you. You fill in your route and perhaps the type of ride, average HR, average power, etc. The app provides a detailed nutrition plan for your ride and also shows what nutrients the preparation and recovery meals on the day should preferably contain so your sugar (glycogen) starts high and is kept high, and so you consume enough proteins in time for swift recovery and muscle growth. Once your ride is over, the app reads it



and you can adjust your actual intake so the recovery meals are adjusted.

Pro riders like this approach as well. Riders like Wilco Kelderman (Bora-Hansgrohe) are using it for races, and Team DSM is a co-creator; their riders use it for Grand Tours.

**Cyc: You mentioned 'glycogen'. Can you tell us a little more about that?**

**JK:** Glycogen is an important energy source for our body, especially during intense or prolonged workouts. It's made up of glucose-molecules (sugars) and stored in our muscles and liver mostly. Eating enough carbs, like a solid breakfast before a ride, is essential to fuel up these glycogen stores.

Our glycogen stores are restricted and, when riding, you can burn up to 200 grams per hour. This means glycogen stores can deplete quickly (usually within 90mins). We must consume

carbs during a prolonged and/or intensive ride to keep up performance and avoid hitting the wall.

**Cyc: Can you take in too much carbohydrate?**

**JK:** Yes. The maximum absorption rate of glucose, for example maltodextrin, is about 60 grams per hour. Adding another type of carb, like fructose, can increase total absorption rate to 90 grams per hour. Taking in more will in most cases not lead to increased utilisation and may even lead to intestinal issues. EatMyRide predicts how much carbs, fats and proteins to eat before, during and after exercise; advises you on intake timings; and indicates the nutritional quality of your selected products.

**Cyc: How much does it cost?**

**JK:** It comes with a basic freemium version and a premium at \$37 quarterly and \$129 yearly. The plan can also be used on Garmin devices via the IQ EatMyRide widget app, and Wahoo support will be added this [European] summer.

## Special offer

Interested in downloading the EatMyRide app? Cyclist readers can get a 30% discount by visiting [eatmyride.com/cyclist](http://eatmyride.com/cyclist)