



Fit For Sisters

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Columnist

Don't forget the protein

Any endurance athlete knows the body in motion is burning carbohydrates for fuel. When the muscles run out of the stored carbohydrate, they synthesize fats into substrates similar to carbs to continue the movement. The body is an efficient machine refining its fuels into usable carbohydrate fuel.

What one might overlook however, is the importance of protein for an endurance athlete. Weightlifters and other power athletes have been evangelizing its importance, but endurance athletes have often eschewed massive amounts of protein as exclusively for those interested in building muscles.

Recently, this preconception has been challenged by a new method of analyzing the needs for dietary protein

intake. A technique called "indicator amino acid oxidation" uses an isotope to mark protein as the body uses it. Simply, it tells the researchers whether or not the dietary protein is being used by the body.

The particulars of this study involved experienced runners. They were trialed with different protein intakes, and followed a running program where over a three-day period they ran 10k, 5k, then 20k. Researchers measured the protein needs based on the test.

The results indicated that the athletes required around 1.65g/kg of body weight. This equates to around 112g per day for a 150-pound person. This is around twice the amount required for sedentary individuals and slightly above the current recommendation for moderate exercisers.

If marathoners aren't building muscle then where is this protein being used? As an athlete runs, hikes, or cycles, especially on rigorous endeavors, the body undergoes micro tears in the muscles. The result leaves the body in need of protein to repair and rebuild. An endurance athlete will not build muscle like a bodybuilder with more protein because the mechanism of stress is different.

This is different because a weightlifter is performing targeted exercises with high tension for a short, focused

duration. The goal is to break down the muscle far beyond what happens during a run. Running will have a more global effect, while the resistance is much lower. The nature of the exercise will reflect the adaptation.

Before rushing out to get protein shakes and nutritional supplements, be mindful that the increased protein doesn't need to be consumed all at once. In fact, the research suggests that small ample servings of protein level out energy and decrease appetite, along with providing recovery throughout the day.

A portrait of a good day's eating which provides ample protein might look like this: Breakfast: yogurt, fruit, and a high-protein cereal like granola with nuts. Lunch: half-cup hummus, veggies, and a salad with whole grains (such as quinoa), a bit of meat (canned tuna works well), and light dressing. Afternoon snack: Sliced apple and peanut butter. Dinner: six-ounce light-meat chicken with rice and mixed veggies.

Aiming for 20 to 30 grams of protein per meal will suffice, and looking at the above sample, it isn't a monumental task. Protein will help an athlete recover, will provide energy and can keep injury at bay. Even if someone is moderately active, being mindful of protein intake might prove beneficial.

GOLD AWARD: Chocolate porter took national honors

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Beckwith told *The Nugget* that, for brewing competitions, beers are entered into categories and specialties. The beers are then divided into flights, and judged. All judging is blind, and it requires winning several rounds of judging to make the final round. Three Creeks' take on the porter won out in the final round, defeating the Black Shack Porter entered by the Wachusett Brewing Company in Westminster, Massachusetts, and the Porter offered by the Back East Brewery of Bloomfield Connecticut.

In the porter category, there were 61 total entries from around the country.

In all, 286 medals were awarded to 254 different breweries from all

50 states and the District of Columbia during the competition.

Beckwith began his career as a self-taught home-brewer with a passion for the art and science of brewing. After graduating from college, he worked for breweries in Arizona and Portland before landing at Three Creeks. He described Three Creeks' winning entry as, "a porter first, with some chocolate," and said the gold-medal brew carries "a subtle chocolate note to round it out." He noted that the FivePine — named after the campus in Sisters — has been the brewery's best-selling beer for a number of years.

"It's a team effort here," Beckwith said of the impressive win over top-level competition. "The guys in the brewery and the production line had more to do with it than I did, but it really is a team win for us, and we're all pretty proud of it."

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