

Foods for Long Distance Runs and Outdoor Exposure

-Watermelon Juice

3 cups cut watermelon
½ lemon juiced
dash of salt (Himalayan, real, or sea salt)

Place all the ingredients in the blender. Blend until smooth. I drink this on my runs and/or after.



-Handful of medjool dates.

They are simple and naturally packaged. I enjoy eating them while I run.

-Celery chopped into bite size are nice to pop in your mouth while you run and give your mouth something to do while you run.

-Homemade Goo

2 T. almond butter
1T. black strap molasses
pinch of ginger and cayenne
dash of salt.

I mix all these together and put them in a Ziploc bag. I will open it and squish a bit in my mouth while I run. A little messy, but it really fuels me.

Recipes by Kelly Pomeroy