

## Article #1: Meet the Canadian Fueling Guru

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*By Ryan Correy*

For some time now, I have been searching for a way to turn my passion for cycling into my purpose in life. Representing Hammer is turning out to be a perfect marriage.

Some of my more notable endeavors include cycling across Canada with my father at age 13, riding 14,000 km around North America to raise funds for cancer research, completing the Pan American Highway (Alaska to Argentina) in 131 days, riding a stationary bike for almost 7 days straight, and the adventure that I will focus on here – RAAM.

In the summer of 2008, I became the youngest Canadian to finish the [Race Across America](#) (RAAM). It is with this epic race that my relationship with Hammer endurance fuels began. For those not familiar with the race, RAAM is a coast-to-coast ultra marathon in the United States. Hammer is one of the key sponsors, providing discounts to all the riders.

Truthfully, I didn't know much about Hammer before 2007 (when I was attempting to qualify). While looking for resources on sports nutrition, specifically for continuous rides lasting more than a day, I thought it wise to go with a trusted source that my fellow competitors had come to know and love. Hammer stood out not only for its presence within the RAAM community, but also for their website which was/is a tremendous resource for newbie's like me. Seriously, [check it out](#).

And I didn't jump ship immediately because "that's the product those guys use." Truthfully, it was a lesson learned the hard way in my qualification year. I can recall getting off my bike to pee during the Race Across Oregon and feeling a distinct burning sensation caused by electrolyte overload. And there was the time that I carb loaded on a pasta buffet the night before the Sebring 24 Hour, the meal not digest the next morning, and have the worst stomach bloating of my life while out on course...the stories continue.

During this qualification year, I learned a TON about things that you never really think about on rides lasting up to two hours – like how much water is too much, the consequence of simple sugars, how many calories your body can digest (not eat), and having multiple fueling options to specifically target your needs at any given moment.

Arriving at the RAAM start line in California, I had complete trust in my crew and my race nutrition plan. Once out on course however, even on day one, there were still much to be learned. The subtle taste of Perpetuem, for example, you can truly get sick of it (as with anything) after drinking one flavor constantly. So, we learned to mix flavors and add in whole foods, sparingly, for the occasional treat. And it worked! I completed "The Toughest Race in the World" in 11 days, 21 hours, and 44 minutes.

It's funny, the paths we end up walking down. Before moving from Alberta to Ontario this past September, I had the opportunity to introduce myself to Brian Frank (Hammer founder) and the rest of the gang behind the scenes at HQ in Whitefish, Montana. No longer just "that kid" on the bike, I was now a representative for the company.

I would like to think that the journey has come full circle. I'm in a unique position to educate fellow athletes on proper fueling techniques, share stories from the road, and answer any questions that you may have. I'm really excited for this opportunity!

Feel free to email anytime at [ryan@teamperfect.ca](mailto:ryan@teamperfect.ca) with your questions or feedback.

You can also check out more about my adventures at [www.ryansdream.com](http://www.ryansdream.com)

There are many great articles to come!