



elete Athlete Profile: Ryan Draper, Ultra-Endurance Mountain Biker



Recent Results

2007:

Cape Epic South Africa, Un-ranked Top Finisher

6 Hour Enduro Salmon Arm Canada, 4th

Trans Rockies Challenge (6th year in a row), TBA

2006:

Trans Rockies Challenge Canada, 6th overall

Past Results:

7x24 Hour Solo Race Wins

Trans Alps Top North American Team

La Ruta De Los Conquistadore

Ryan Draper, age 29, is a human dynamo. He is an ultra-endurance mountain bike racer who—in between training and racing as a professional cyclist in Canmore, Alberta, Canada—is also a performance consultant, coach and spin instructor, and general manager of Rebound Cycle, a bike shop located in Canmore.

Currently, Ryan is training for Trans Rockies Challenge 7-Day Stage Race, which begins in Panorama, British Columbia and ends in Fernie, British Columbia. Ryan took a few moments from his hectic training and work schedule to talk about cycling and why he loves elete Electrolyte Add-In so much.

How did you first become involved in endurance mountain biking?

“I was a cross country ski racer looking for the best possible cross training for the fall and summer months.”

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Ryan Draper, ultra-endurance cyclist from Canmore, Alberta, Canada, in motion.

What is it about cycling that you love?

“The constant challenges from the terrain/ weather/ competition and every changing technology behind the sport.”

When did you first begin competing, and what are some of the awards you’ve received?

“I began my mountain bike racing career in 1999, and my first major event was the first annual 24 Hours World Solo Championships where I finished 10th. Since then, I have traveled the world competing in the world’s toughest mountain bike stage races. These races give me the experience and knowledge to better coach my athletes for the rigors of their lives and competition.”

What drives you to participate in ultra-endurance cycling considering the sport’s immense physical and mental challenges?

“I’m not a person who can sit and relax, so my vacation time is used mainly as racing time in other countries like Europe / Africa / South America / the U.S. and Canada. The travel gives me the sense of adventure I desire, and my goal-oriented ways keep me on track most of the time.”

What is your typical training regimen?

“Aside from road and mountain biking, my training involves some variety of activities including ski touring / hiking / swimming / spin class instruction and core strength work. I train anywhere from 10-15 hours per week pending the time of year and what phase of training I am in.”

In terms of nutrition, what are the indispensable items or strategies you’ve found give you the edge over other cyclists?

“I have found that self-educating in nutrition has given me the edge over the competition. I am by no means overly strict with my nutritional habits, but I do supplement my diet with high-quality multi minerals and vitamins and have for the last eight years. Pre-race is when I eliminate filler calories and only take in foods of highest quality.”

What are the biggest factors in terms of winning a race and, likewise, the biggest obstacles?

“The largest factors seem to be mental; once you get to the point of competition and have done your homework, it comes down to mental strength, toughness, and the ability to self-control in intense race



Photo of Ryan above and at right during some of last year's events including the Trans Rockies Challenge Stage Race.



situations. I also find that having goals and expectations that remain reasonable and attainable prevent you from being disappointed with your performance.”

Interesting or little-known fact?

“In the process of racing these types of events, I have ended up in the hospital more times than I have ended up on the podium. It takes time and mistakes to be successful and you must learn from your experiences and leave room to grow as an athlete. I don't see missing my goals as failure, I see them as learning experiences, which is something I teach my athletes right off the bat.”

How did you happen to find elete?

“I learned about elete Electrolyte Add-In from the elete rep in Canada.”

And how do you use elete in your training and competition?

“I use it daily at work to get me past the 4 p.m. drag time and then use it prior to/ during/ post training for optimum performance during all workouts. I use a little more during warmer weather and during races.”

What are the specific benefits you've noticed using elete?

“Believe it or not, I used it on a group of friends after a goon night of partying in Banff, Alberta—our neighboring town. I used it in the morning to get them over their intense hangovers and it worked to a “T.” We were out hiking and enjoying the day less than an hour later, so if it works on a bunch of hung-over guys, it definitely works for endurance athletes. I was sold.”

What would you tell people about elete?

“I guess it goes back to the Banff night out—we can all use some supplementing in the mineral department because we abuse our bodies with every day stress like work, play, poor diet, drinking, and toxic build up in our bodies. elete should be—in my mind—on the food pyramid with the rest of the whole foods we need to live healthy, active lives.”