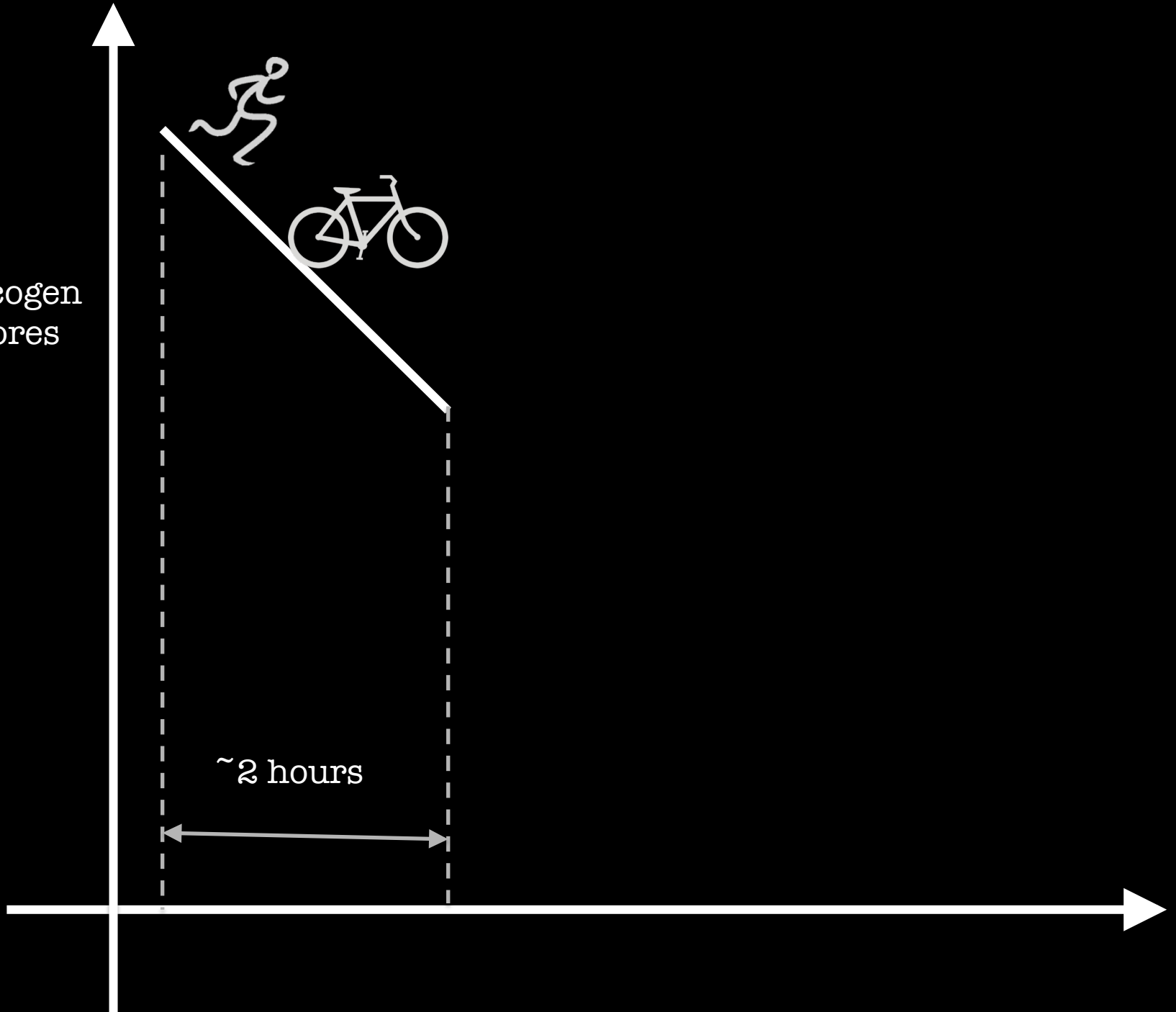


Carbless in Seattle

Adrienne Andrew Slaughter

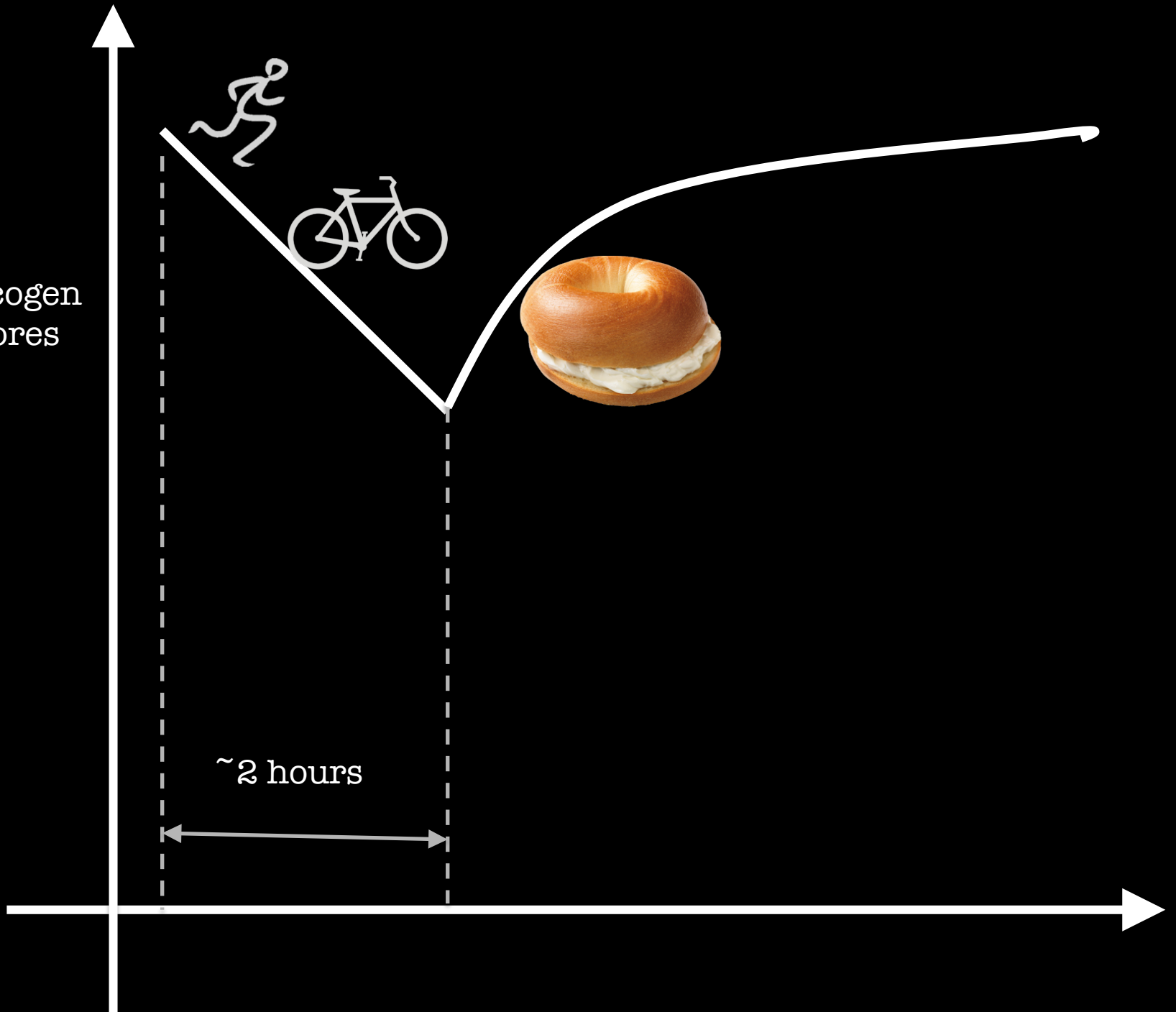
May 10-11 2014

Glycogen
Stores

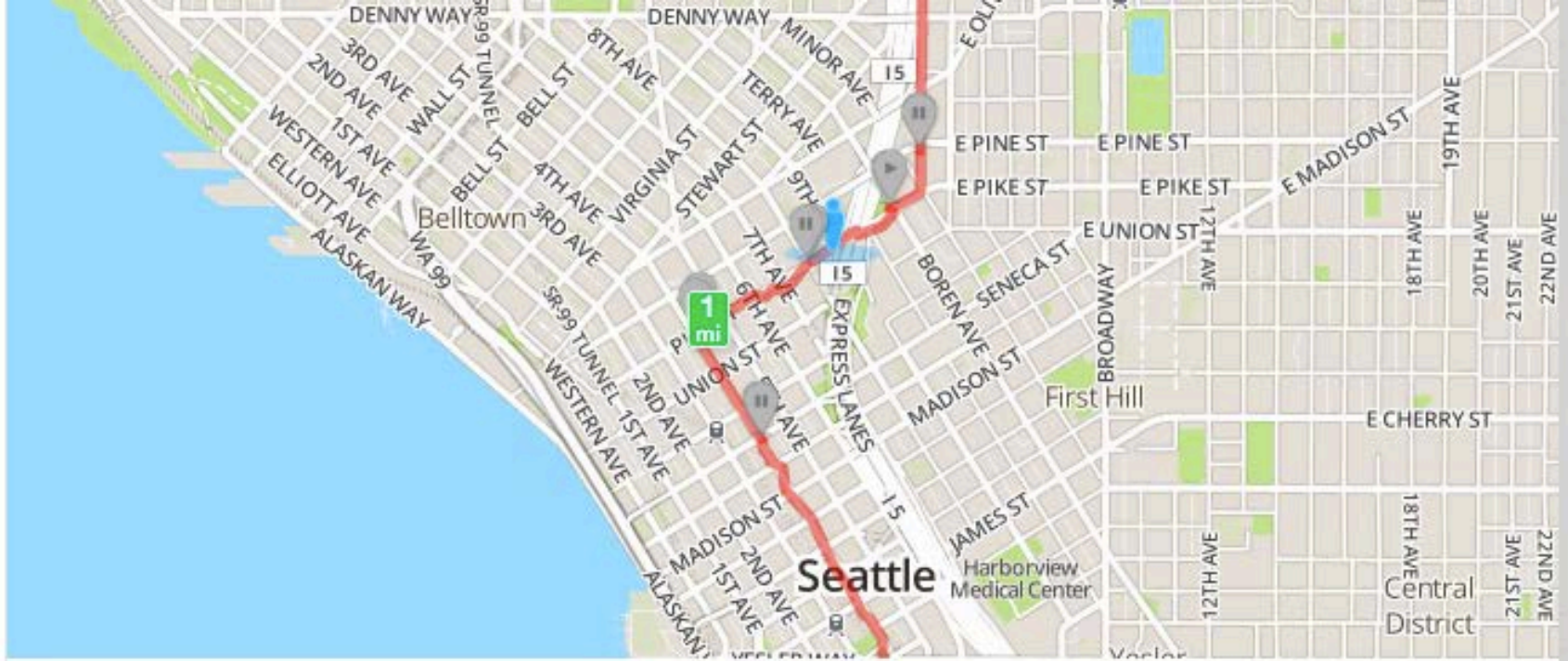


~2 hours

Glycogen
Stores



~2 hours



Make this a Route



TOTAL CLIMB



539

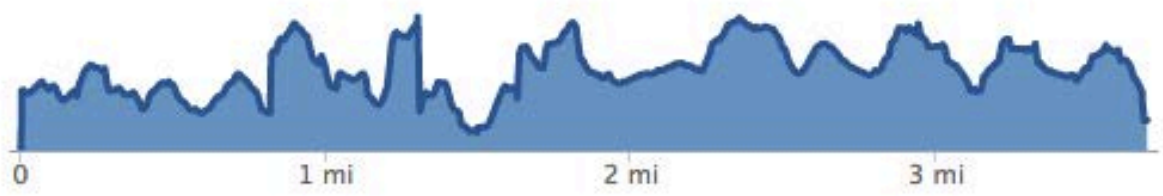
Elevation: 223 ft
Distance: 1.34 mi
Time: 11:18



AVERAGE SPEED



8.61



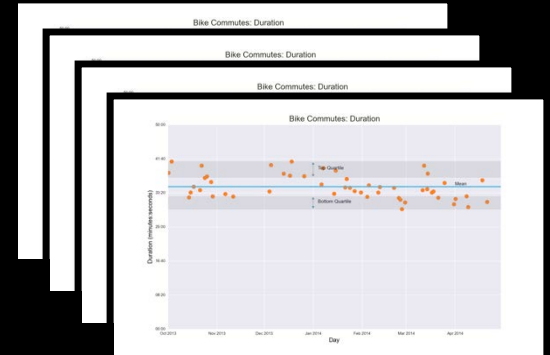




Am I really slower, or
does it just feel harder?

How long was it going
to last?

How does low-carb
eating impact my
athletic performance* ?



Oct '13

Dec '13

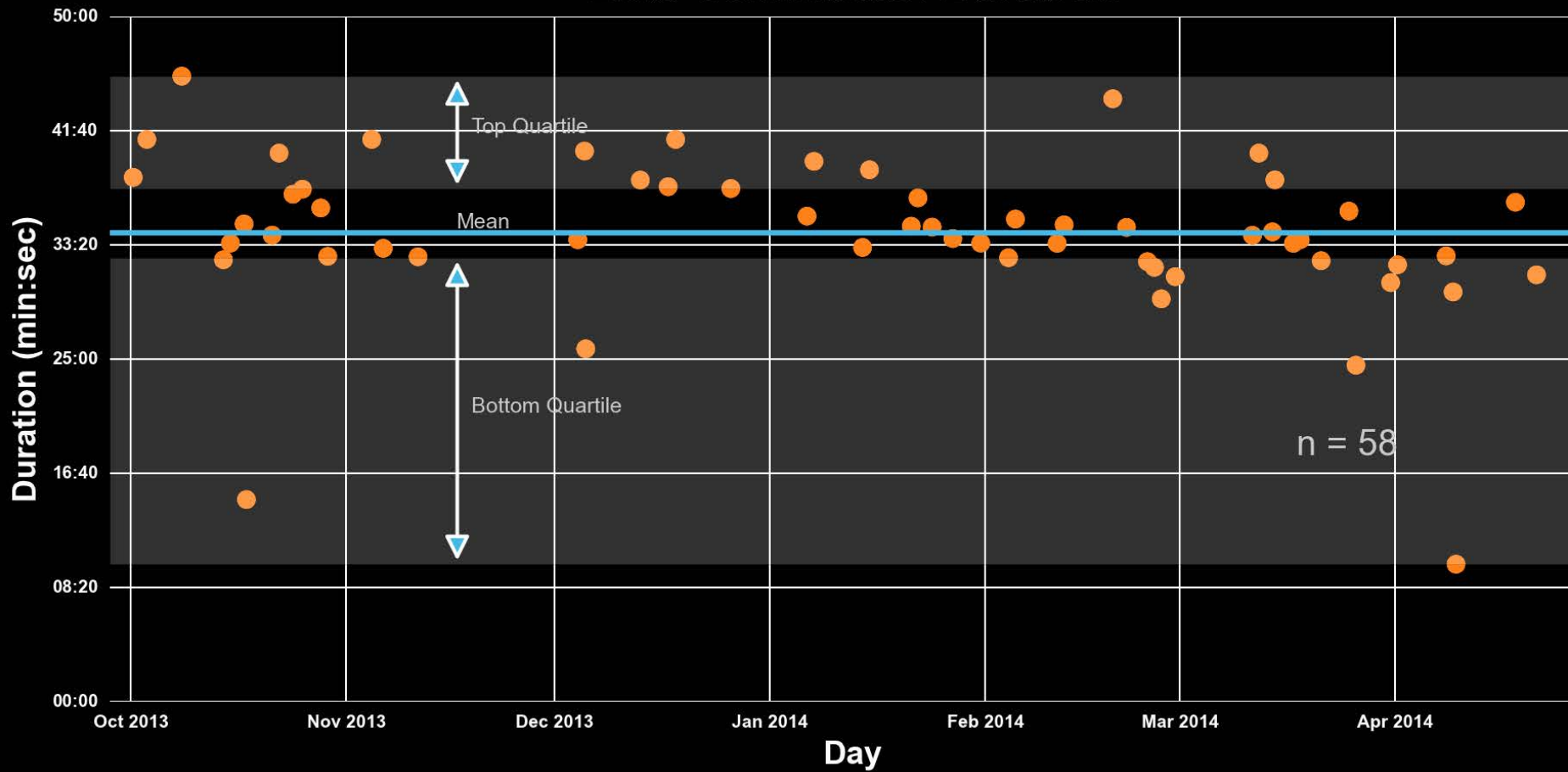
Apr '14



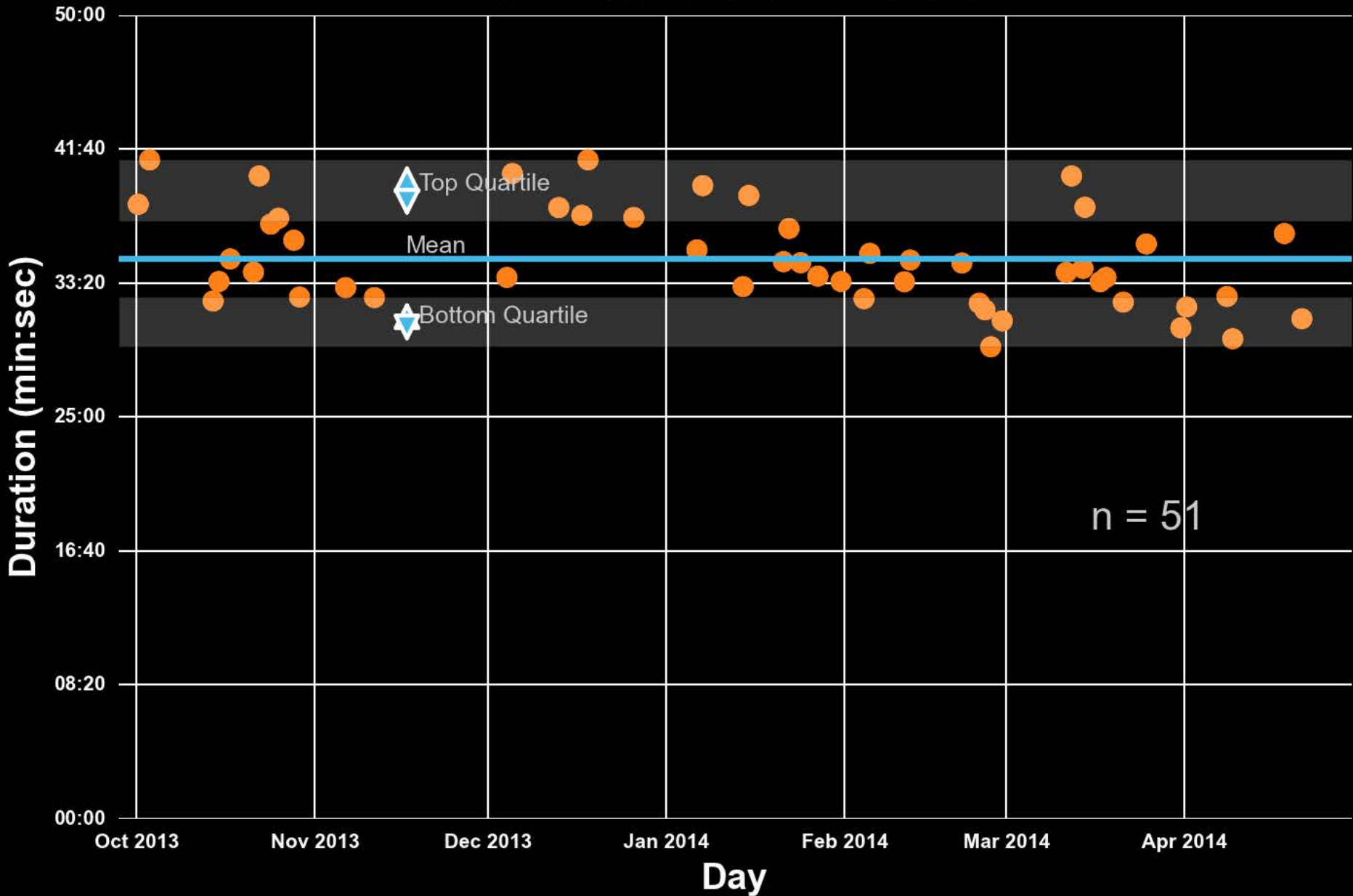
Hypothesis:

When eating a low-carb diet, my time to commute to work will be longer.

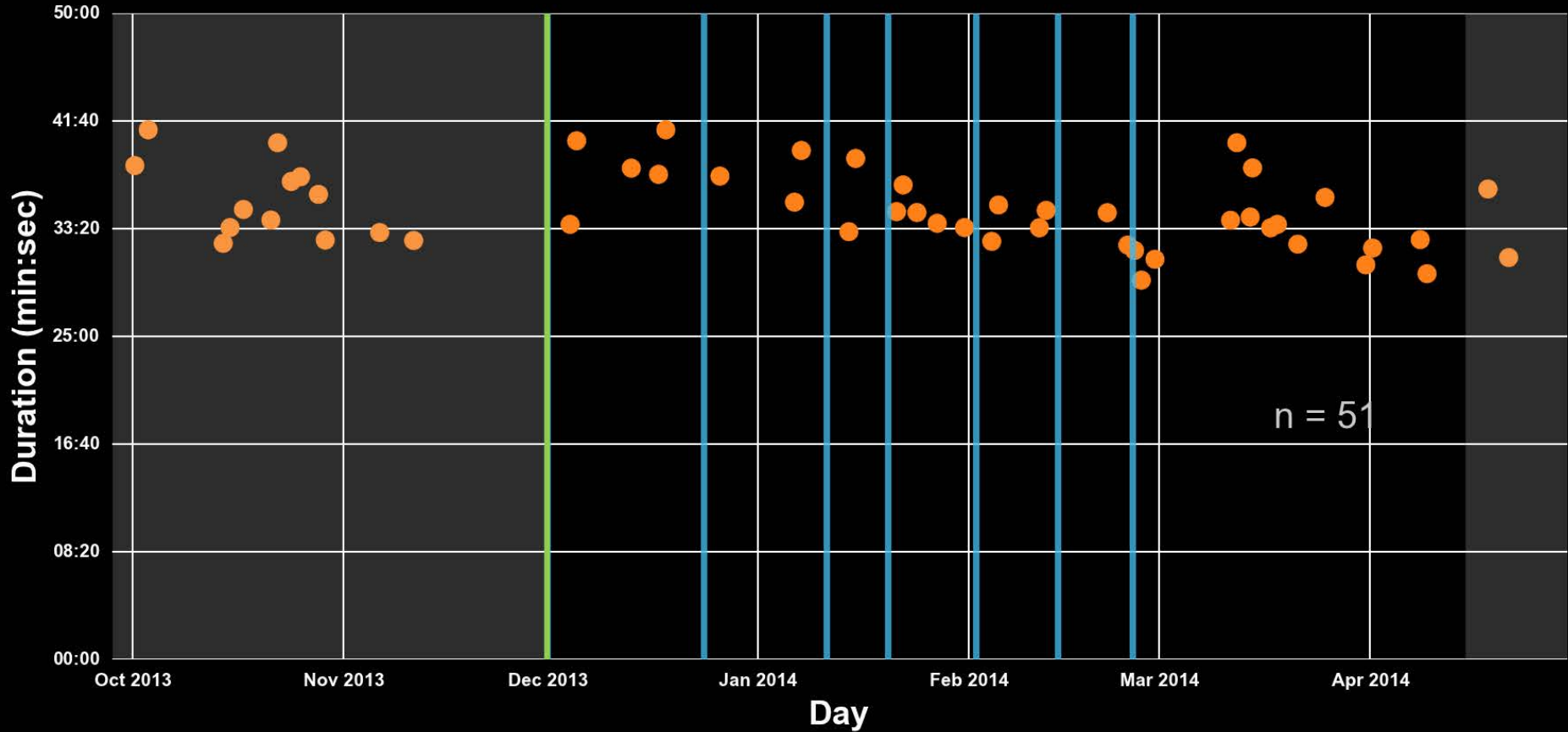
Bike Commutes: Duration



Bike Commutes: Duration



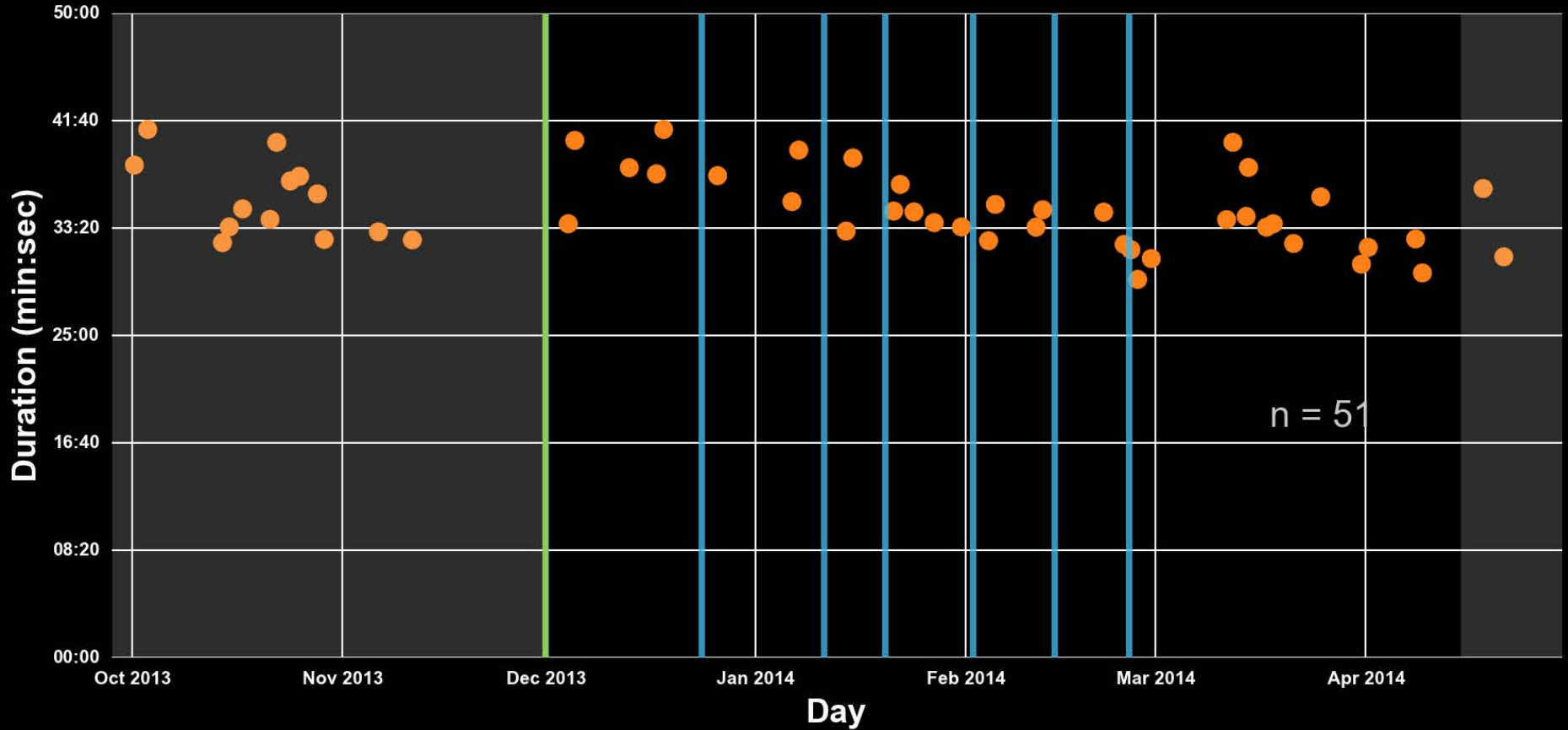
Bike Commutes: Duration

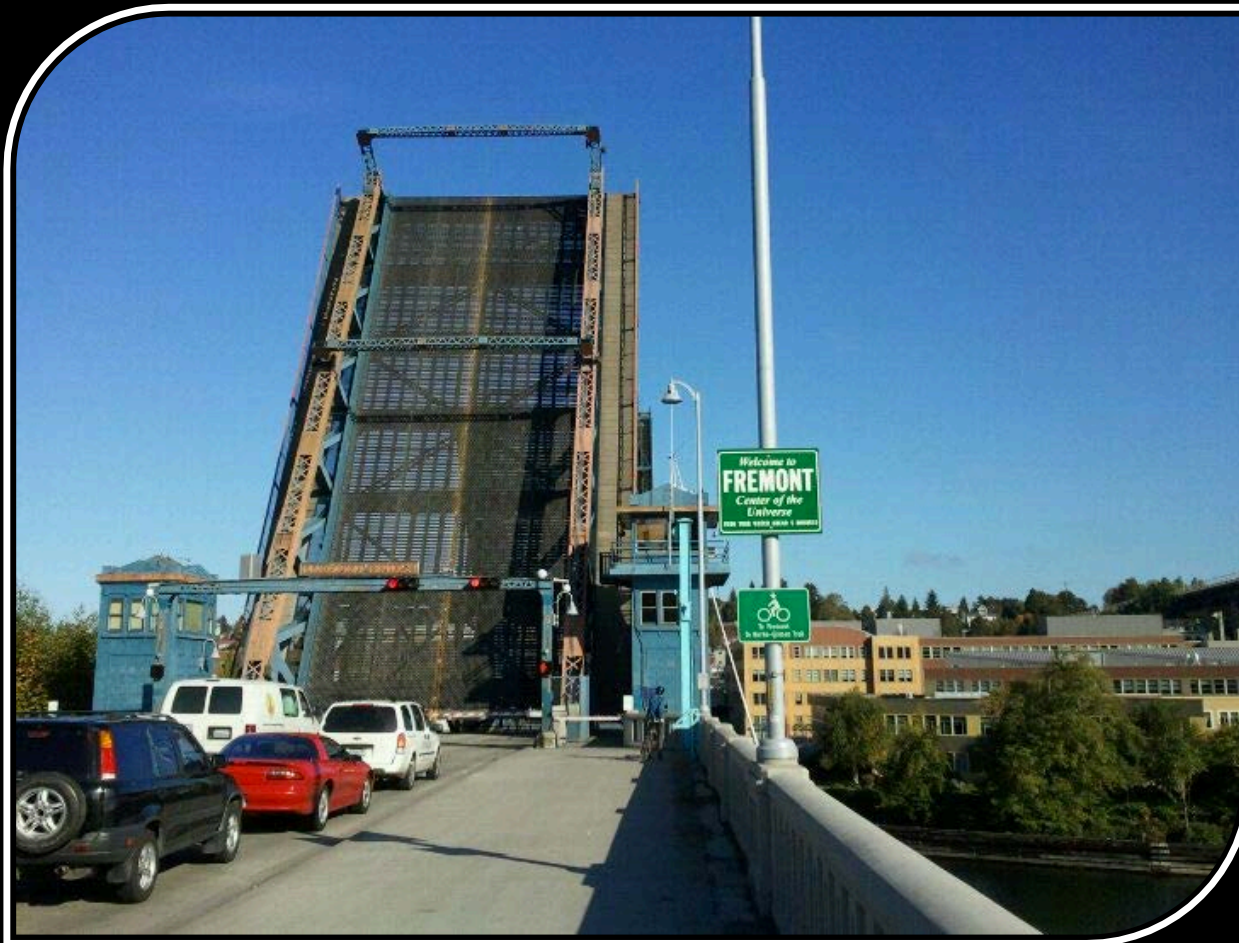


Sanity Check: Duration Improvement

Event	Time improvement	Number of days between
event1	3:35	8
event2	6:17	7
event3	4:07	6
event4	1:04	4
event5	0:11	9
event6	2:18	1

Bike Commutes: Duration



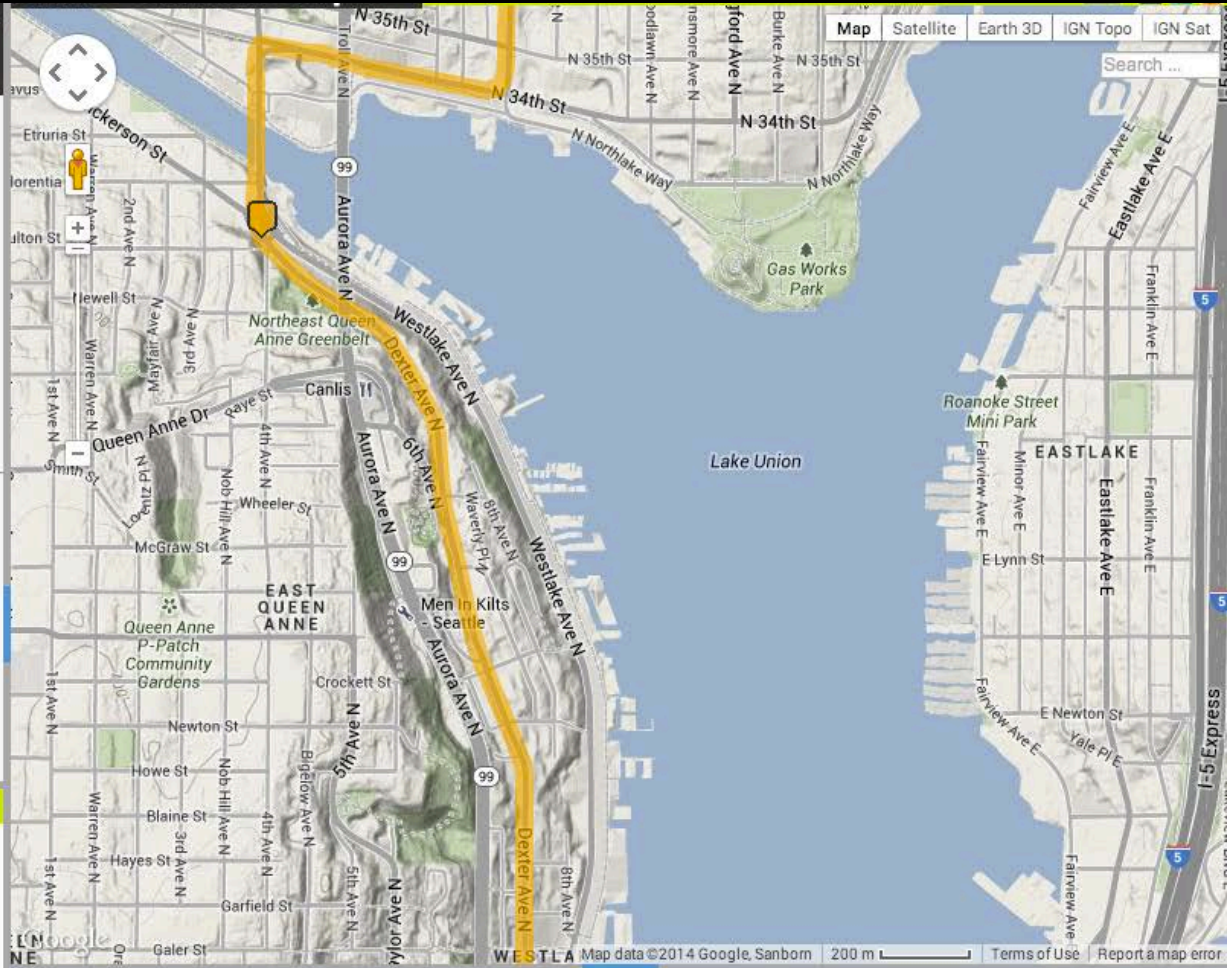


2014-04-08-0832.gpx

Distance (km) : 4.54
 Time : 0:14:14
 Elevation (m) : 21
 Speed (km/h) : 21
 Pace (min/km) : 4:19
 Heart Rate (bpm) :
 Cadence (rpm) :
 Power (Watt) :
 Point : 322

Edit

Segments : 6
 Points : 767



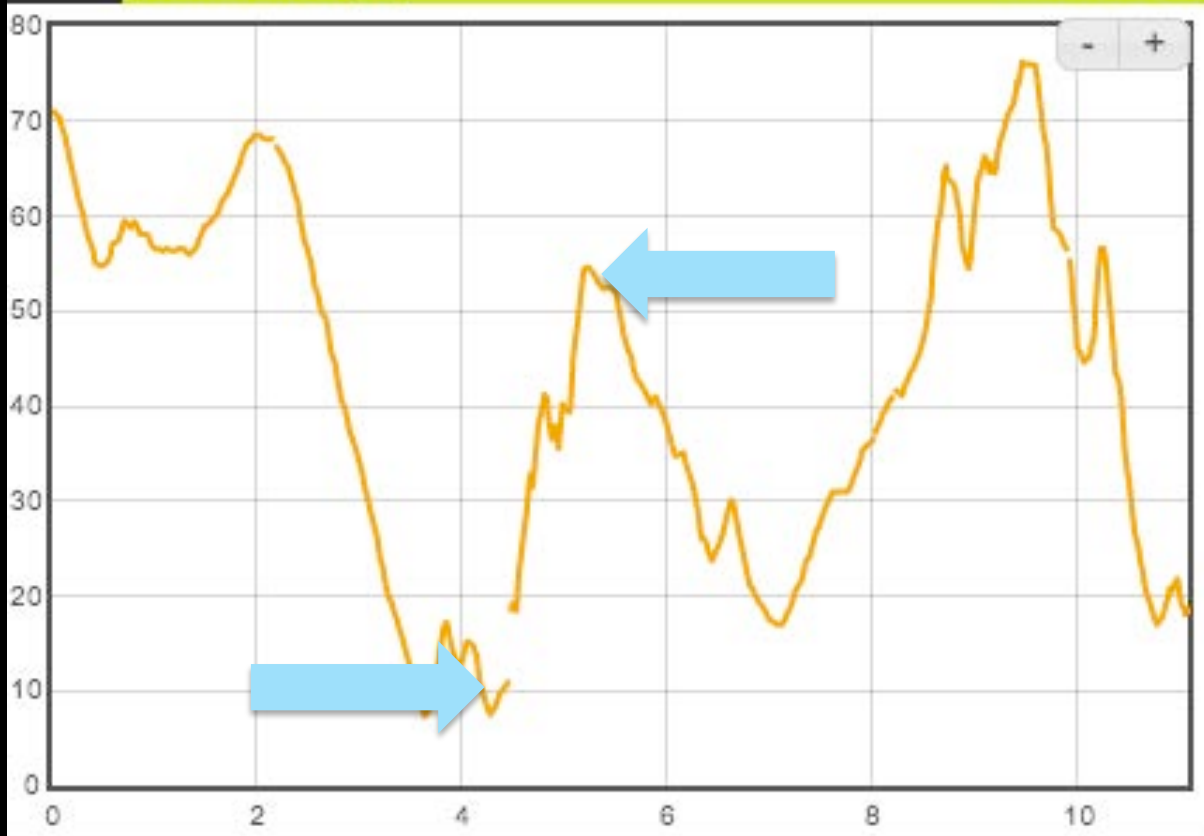
Tracks

File	Date	Distance (km)	Duration	Average (km/h)	E+(m)	E-(m)
<input checked="" type="checkbox"/> 2014-04-08-0832.gpx	08/04/2014 01:32	11.1	0:35:02	19.0	170	223

Total: 1 track

11.1 0:35:02 19.0 170 223

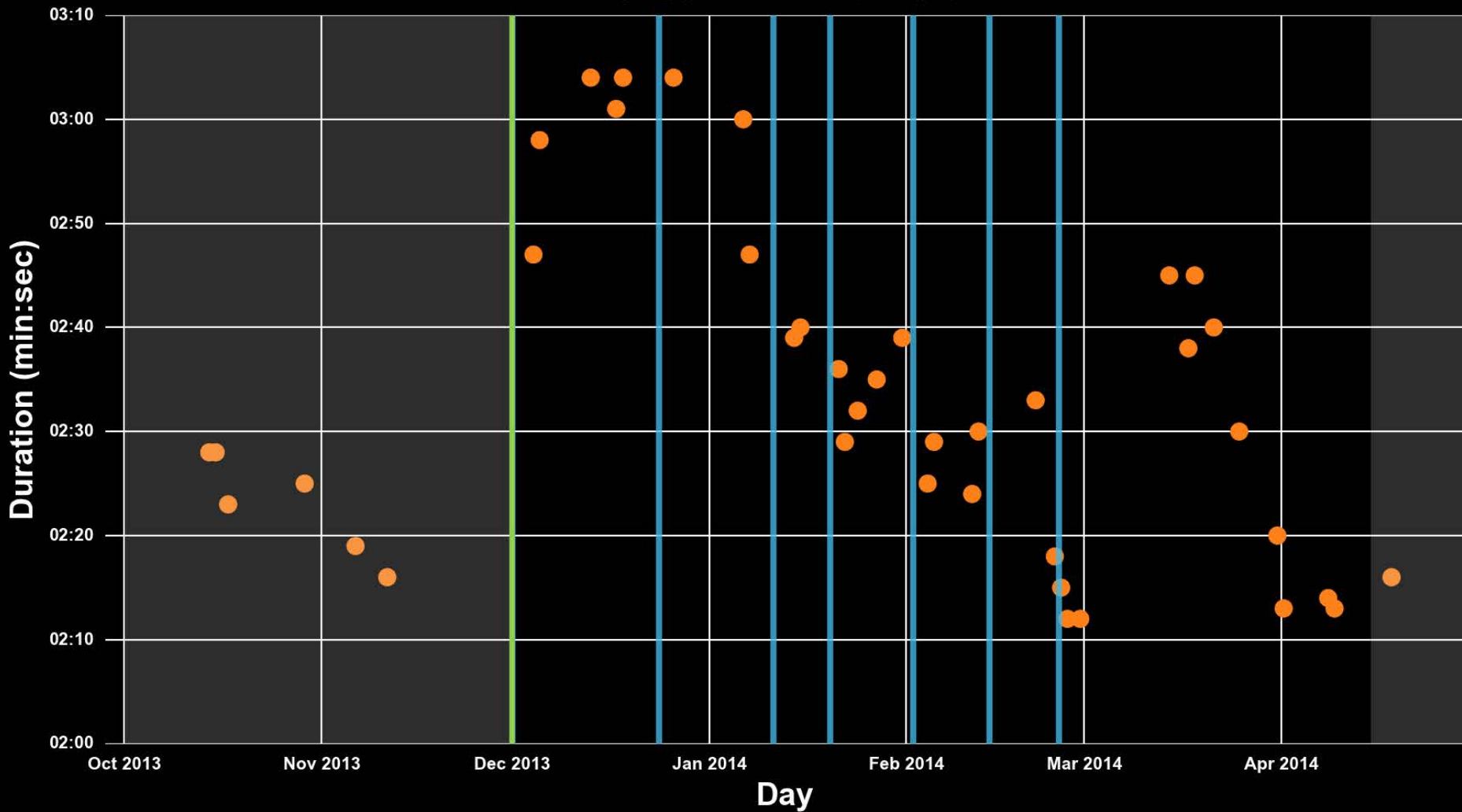
Elevation (m)



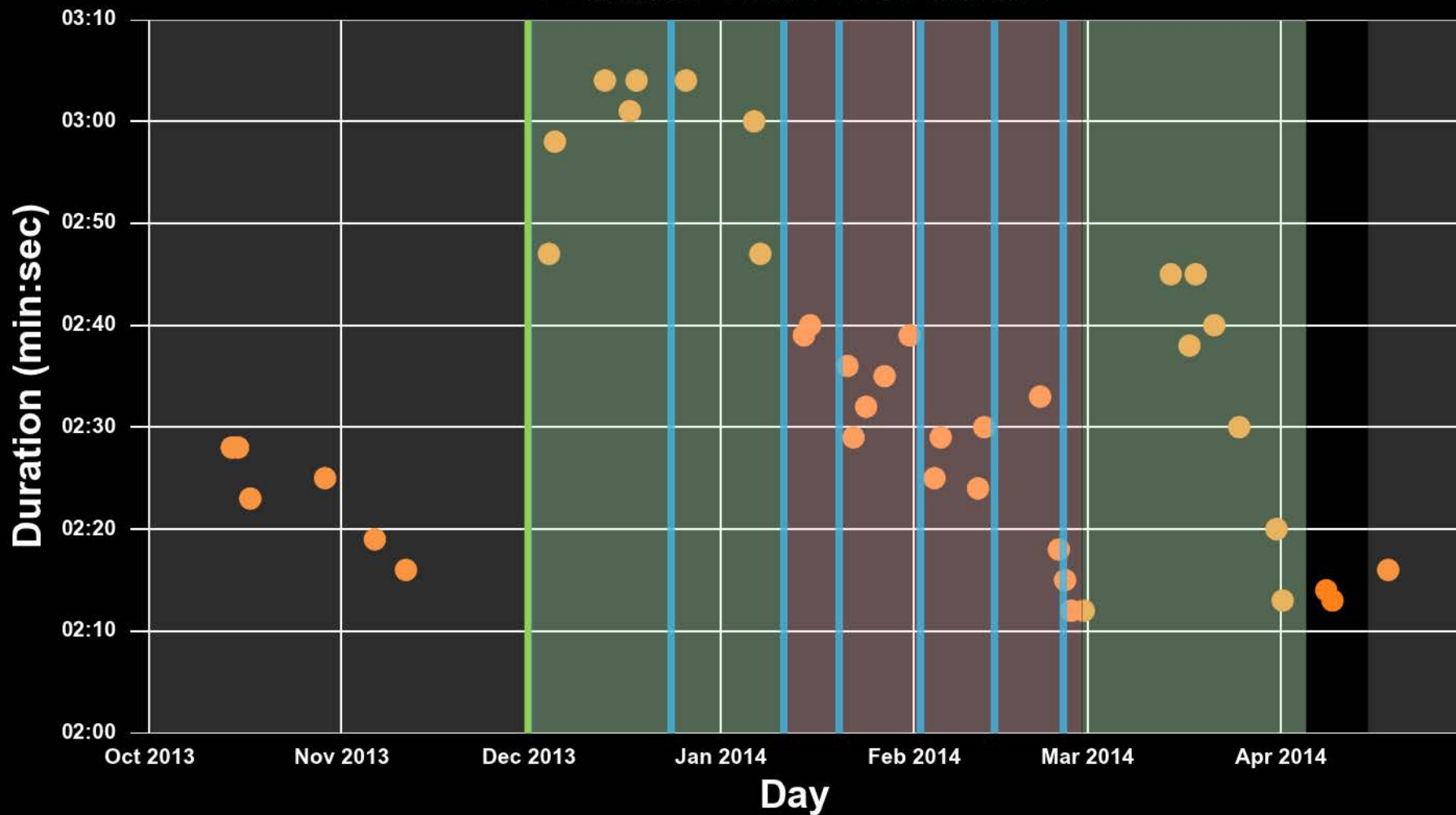
- ### Tracks
- 2014-04-0



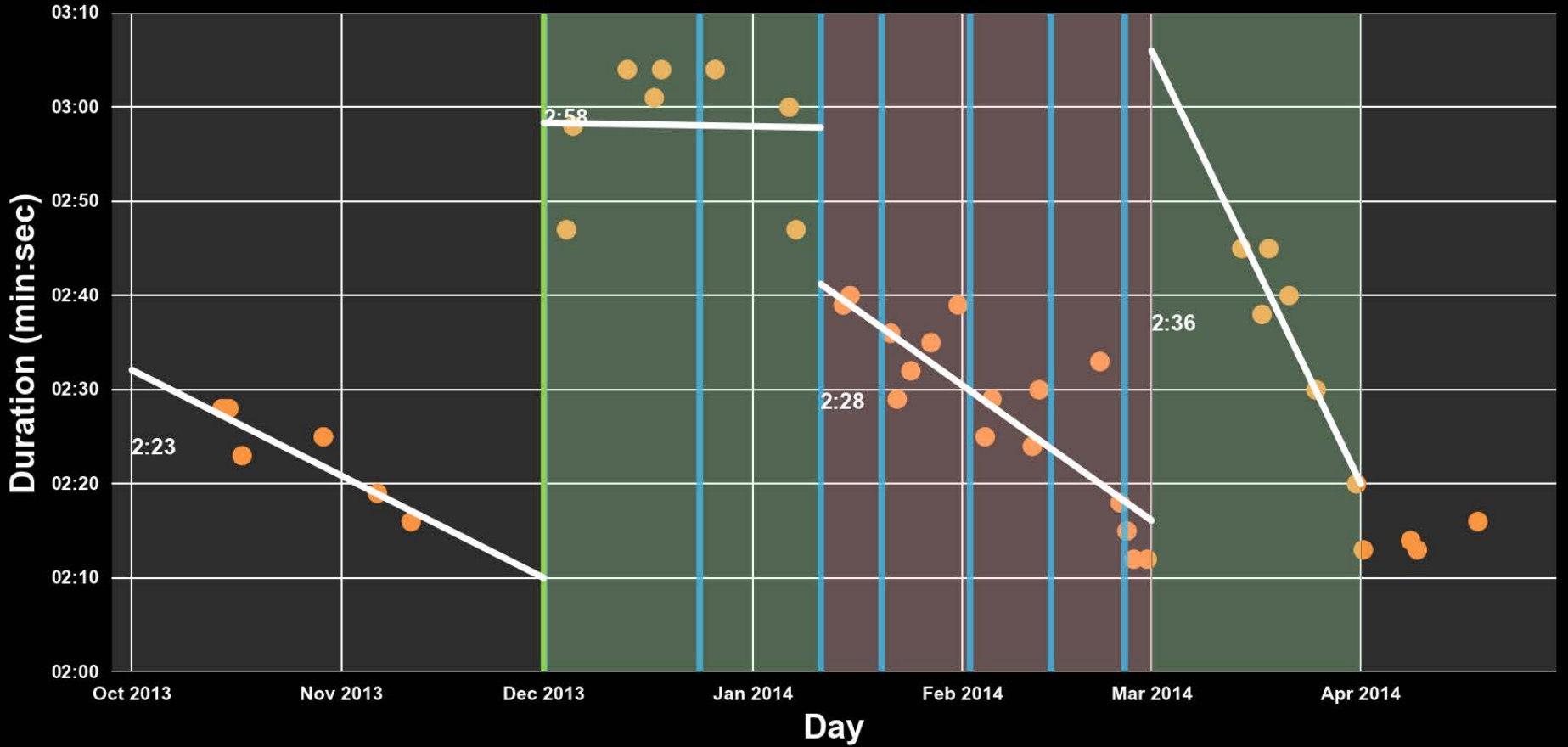
Dexter Hill: Duration



Dexter Hill: Duration



Dexter Hill: Duration



What did I learn?

- Carbohydrate intake influences athletic performance.

What did I learn?

- Carbohydrate intake influences athletic performance.
- It's reversible.
- It doesn't last forever.

What did I learn?

- Carbohydrate intake influences athletic performance.
- It's reversible.
- It doesn't last forever.
- The fatigue was real.

Adrienne Andrew Slaughter

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@ahaAtARO

Breakout:

Telling Stories with Data

Saturday, 3pm