

# CT ULTRARUNNER

KETOGENIC, LOWCARB, METABOLIC FLEXIBILITY

CTKETOPERFORMANCE@GMAIL.COM



## INFO

Primarily active in LA and Vegas areas, but can travel for events or races. Upcoming is Boston Marathon and eventually a 100 mile race. Currently in a sweet spot where confidence is high in the 6-12 hour races. Recent winner of 2 straight half marathons from Calico Racing in Vegas.

Although known to be ketogenic, I don't believe anyone whose already fat adapted needs to be so strict. This includes the use of carb cycling, metabolic flexibility, and losing the fear of too much protein. Basically, it doesn't have to be complicated!

Open to working with brands on Instagram, at demos, or wearing/showing products at races (hopefully from the podium also)

## @KETOGENIC\_PERFORMANCE

Instagram is used to showcase the active side of a lowcarb lifestyle. Everything from food ideas to tips such as being fasted/keto for shorter runs, but eating with the goal of satiety before longer runs. Brands are highlighted and often involved in giveaways or discounts.

## NOTABLES

- 6 straight ultramarathon podiums
- Ultrasignup stats: 8 races, 7 trophies.
- Won weekly contests, running up to 160 miles.

## I'VE WORKED WITH

- Current priority: Team OS1st and Altred athlete
- Running brands: carborocket, rabbit, brooks, oofos, Nathan, nuun
- Nutrition brands: superfat, puruslabs, orgain, vital protein, kimera koffee, c4 energy, airborne, shrewdfoods, quest, good2go, kissmyketo, chemix

## STARTING RATES

- Single time/post - \$50 PP preferred.
- Racing - Entry, \$200+ depending on distance
- Giveaways included
- Other inquiries please offer

