

PREVIEW_ Peter Brukner - Presentation (Breckenridge 2018) 1

Prof. Peter Brukner: I want to tell you about a bowl you may not have heard of. It's the Diet Bowl. Heard of it? No. Okay, it's a bowl that's played out every year. And it only has the same two contestants every year. And it's team Fat and team Carbs.

They play off for the Diet Bowl every year. And as you know for the last sort of a generation really, it's been the Carb generation and team Carb has really dominated. It's been out there and everyone has been supporting team Carb.

And largely they have had two legendary coaches, team Carb. They've had Gary Gatorade, who has been a sensational coach and Patty Powerade, who is also a great coach. And they are really two legends of the Diet Bowl. They've had an enormous success.

So I want to show you some of the stats of at least just this century anyway, the winners of the Diet Bowl since the year 2000. The winners each year - Team Carbs. It's pretty boring, really, isn't it? Pretty monotonous.

And they've won pretty clearly, especially in that first decade of the century. And what about the MVP? The best player in the bowl game every year. Well, every year it was a guy called Tim Noakes. You may have heard of him, he was a carb legend.

Right back, way back from 1991 he'd been saying that there was clear evidence that the provision of exogenous carbohydrate in high rates was essential to delay fatigue. So Tim Noakes is a Diet Bowl legend. He is a carb superhero, he's a multiple MVP winner.

He's written this book, the Lore of Running that's gone through numerous editions and it's known as the Bible of running. Anyone who is serious about running has read the Lore of Running. And in that book there's lots of good stuff about carbs. And then in 2012 - breaking news...