

# Rad Runner



## TWITTER TWEETS



## ABOUT ME



Rad Runner  
View my complete profile

## GIVEAWAYS!!!

I'm a Sleeper Baker  
First Marathon? No Sweat!

I am Boring  
Run the crap off a cold, starve the flu

Julie's Running Blog  
A Few Vacation Pics & A Race Report!

Hello Pretty  
The 411...

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## REED'S GINGER CHEW GIVEAWAY!



So you totally remember how I have brought this AMAZINGLY important question in the past:

What do you eat/nibble on/stuff in your face/smooth in your pocket, while your out running? They say we need to eat, we need to replenish our body, we need sugar, we need salt, we need fuel...

There are so many things out there on the market, I've tried all the well known Blocks/Shots/Gu's and Poo's, well wait maybe not the last one. But I have tried a number of them and they all seem to do the exact same thing... Turn my tummy into a pile of knots!

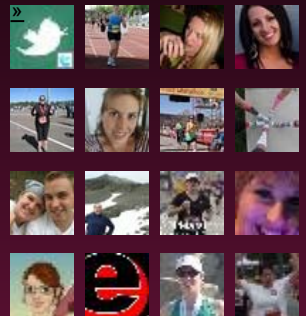
While reading 50/50 by Dean Karnazes I read about how lots of ultra marathon runners chew on ginger and how it settles their stomach on long runs... I thought it might be the perfect snack on the run, I am not much of an eater when I am running, I really only nibble on stuff because

## FOLLOWERS



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## BLOG ARCHIVE

- ▼ 2010 (94)
  - ▶ August (11)
  - ▼ July (19)
    - Reed's Ginger Chew Giveaway!
    - Alo Clothing Giveaway WINNERS!
    - San Francisco Half Marathon Rizzle Review!
    - San Francisco 1/2 HERE I COME!
    - To Compression Sock it or to not.....
    - What to do Wednesday???
    - Garmin Forerunner 110's ROCK

"they" say you need to feed your body, but all the gu's and shmoos just throw my stomach for a loop! When I tried the ginger I was happily surprised with how fast it goes into effect if my stomach is a little weird (hello pre-race jitters)



I noticed that many of you had commented on how you were interested in trying some ginger on your next big run, soooooo....  
Im going to give THREE, YEP, THREE Winners! a chance to try out some Reed's Ginger Chews for themselves! The three winners will all receive one box of "Original Ginger Chews" and another box of "Peanut Butter Ginger Chews"

Please take note to the automatic high five machine that emerges immediately after consuming a Reed's Ginger Chew.....

Monday Mumbles  
Dirt Dont Hurt!  
Alo Clothing GIVEAWAY  
Holy Forerunner 110!!!  
Out in the open  
Wrist Cuff Winner!!! & Some  
Fancy Water!!!  
Insanley Easy YUMMY  
Giveaway!  
She is coming!  
Hi Ho Hi Ho, its off  
to\_\_\_\_\_ we go!  
The 16 mile run report!  
Fabulous Five FRIDAY!  
Wrist Cuff Giveaway!!!

- ▶ June (18)
- ▶ May (17)
- ▶ April (16)
- ▶ March (13)

My latest workouts

8/23/2010  
Run: 2 Mi  
8/20/2010  
Run: 2.5 Mi  
8/19/2010  
Run: 2 Mi

Powered by RunningAHEAD



**To Enter:**

1. Tell me what you nibble on when your running (leave a comment)
2. Head on over to Reed's page and tell me what you would like to try!(leave a separate comment)
3. Become a follower, If you are one let me know(leave a comment)
4. Share the ginger LOVE! Post this on your blog, spread it around the office, have people sign petitions in front of the grocery store... (leave a comment)

\*All Entries must be received by 11am Friday Morning, 8/6.. Winners will be revealed that day!

Hope everyone has a **WONDERFUL MAGICAL FANTASTICAL** weekend!

I plan on running (drum roll please) over 16 miles Unknown territory here I come AGAIN! :) 17?18? We shall see...

Oh! and its me and Mr. Rad's Anniversary Holla' so this should be yet another eventful weekend!

XO- Rad Runner

## One Responses to "Reed's Ginger Chew Giveaway!"



**Patrick Mahoney** says:

[July 30, 2010 7:21 PM](#)

I eat more on the bike, but running I guess it would be a gel. Ginger is pretty freakin' awesome, though.



**Patrick Mahoney** says:

[July 30, 2010 7:22 PM](#)

the peanut butter ginger ones.



**Patrick Mahoney** says:

[July 30, 2010 7:23 PM](#)

I'm a follower. Posting on my site.



**LPT** says:

[July 30, 2010 7:36 PM](#)

In the summer, I'm a fan of Gu chomps... and in the winter I love me the Gu Chocolate Outrage! (When I ran my 22 mile training run, I also stuck half a wrapped PB&J sandwich in my sports bra. Don't ask.)



**LPT** says:

[July 30, 2010 7:36 PM](#)

I'm a follower with Google Reader!



**mommaof3ontherun** says:

[July 30, 2010 7:40 PM](#)

I'm still figuring it all out...clif shot bloks right now. Tried chocolate and many other things.

**mommaof3ontherun** says:

[July 30, 2010 7:40 PM](#)

I'm a follower

**mommaof3ontherun** says:

[July 30, 2010 7:40 PM](#)

tweeted

**mommaof3ontherun** says:

[July 30, 2010 7:42 PM](#)

want to try the peanut butter ones...anything is better with

peanut butter, right?

**Runners Fuel** says:  
[July 30, 2010 8:02 PM](#)

I'm a follower.

**Runners Fuel** says:  
[July 30, 2010 8:02 PM](#)

I snack on any type of bar I have around me. Yum!!

**Runners Fuel** says:  
[July 30, 2010 8:04 PM](#)

I would like to try either the candy (so I can use them in the muffins), or the sparkler. Sounds so yummy!!

**Angie Bishop** says:  
[July 30, 2010 8:25 PM](#)

Happy Anniversary!! I am a loyal follower of your rad blog :)

**Angie Bishop** says:  
[July 30, 2010 8:26 PM](#)

I love ginger chews! I make my own candied ginger and was looking at the roots in my kitchen cub-bard and thinking that I must get them candied or they will sprout!  
I like Clif products since they don't upset my stomach at all but I like GU also on shorter runs of 8-10 miles.

**Angie Bishop** says:  
[July 30, 2010 8:29 PM](#)

I just checked out their site and read the ingredients of the original chews! I am loving that they are gluten free and there must be some way to make my own.....  
I don't do peanuts since they make me feel funny :)

**Angie Bishop** says:  
[July 30, 2010 8:29 PM](#)

I posted a link to my blogs sidebar!



**Chris K** says:  
[July 30, 2010 9:18 PM](#)

This post has been removed by the author.

**Chris K** says:



[July 30, 2010 9:20 PM](#)

I'm a Follower who is way too lazy to do all those steps. I'm not much of a snacker, before each long run I always eat oatmeal with 2 tablespoons of peanut butter. That keeps me pretty full all morning. Of course I am mindful of what I eat 2-3 days before the run to ensure I have a full tank. For race day, I'm a big fan of a product called EFS LS by a company called First Endurance. One little flask is 400 calories and you can take baby sips with it - easy on the tummy. OMG, I've written a novella here.



**Kelly Leigh** says:  
[July 31, 2010 1:38 AM](#)

I'm a follower! I would love to win. I never eat anything when I run, but I'm obsessed with ginger. I'd go for the ginger candy chews.



**Kovas Palubinskas** says:  
[July 31, 2010 3:15 AM](#)

I want a Reed's tie-dye shirt!



**Kovas Palubinskas** says:  
[July 31, 2010 3:15 AM](#)

I'm a follower



**Kovas Palubinskas** says:  
[July 31, 2010 3:16 AM](#)

I don't normally eat on the run. I've tried gels but prefer chomps and other chewy stuff.



**Kovas Palubinskas** says:  
[July 31, 2010 3:17 AM](#)

I'm linking in my sidebar



**Kovas Palubinskas** says:  
[July 31, 2010 3:17 AM](#)

I Tweeted @kovasp



**Kovas Palubinskas** says:  
[July 31, 2010 3:19 AM](#)

Happy anniversary to the Rads!

**abbi** says:  
[July 31, 2010 5:10 AM](#)



I keep trying something new each week, so far Shot Bloks have worked the best for me.

**abbi** says:

[July 31, 2010 5:11 AM](#)



I'd like to try the original Ginger Chews

**abbi** says:

[July 31, 2010 5:11 AM](#)



I'm a follower

**abbi** says:

[July 31, 2010 5:11 AM](#)



I posted a link to this in my blog sidebar!

**Pam** says:

[July 31, 2010 7:57 AM](#)



I use GU or Hammer gels on runs over 10 miles. I've never had any tummy issues with them.

**Pam** says:

[July 31, 2010 7:59 AM](#)

I follow!

**Pam** says:

[July 31, 2010 8:00 AM](#)

Aaaaand I posted you on my sidebar.

**Pam** says:

[July 31, 2010 8:01 AM](#)

BTW, Happy anniversary!!! (And thanks for changing the text size and color. That black on purple gave me an eyeball spasm!)

**Glenn Jones** says:

[July 31, 2010 9:31 AM](#)

I got some of these in a goody bag from, I believe, SD RnR. I'm hooked!

**WannabeRunner** says:

[July 31, 2010 11:51 AM](#)

I love cliff shot blocks, but these ginger chews sound great!

**WannabeRunner** says:  
[July 31, 2010 11:52 AM](#)

I'm a follower :)

**Julie** says:  
[August 1, 2010 8:35 AM](#)

I really don't nibble on anything when I am running other than sucking down the gel :) Before half marathons I will take a few Sports Beans.

**Julie** says:  
[August 1, 2010 8:35 AM](#)

Yes, I am a follower:)

**Julie** says:  
[August 1, 2010 8:36 AM](#)

I will link you in now:)

**Julie** says:  
[August 1, 2010 8:36 AM](#)

Oh, and I would love to try the ginger chews:)

**Alexa** says:  
[August 2, 2010 6:55 AM](#)

I chew on PowerBar Gel Blast Energy Chews. I love the cola and raspberry flavors, yum!

**Alexa** says:  
[August 2, 2010 6:55 AM](#)

Also, I'm a follower!

**Alexa** says:  
[August 2, 2010 6:56 AM](#)

I would love to try the Sonoma Sparkler. I love sparkling juices, they're light and delicious.

**funderson** says:  
[August 2, 2010 7:40 AM](#)



I "chew" on GU or Hammer Gel or whatever I have about the house..dried fruit, but holey smokes do I ever love Ginger and didn't know about these chews. Not a lot of shopping out here :(

**funderson** says:  
[August 2, 2010 7:40 AM](#)

I've been a follower..

**funderson** says:  
[August 2, 2010 7:41 AM](#)

I just wanna try the plain old ginger chews



**arunninghokie** says:  
[August 2, 2010 8:43 AM](#)

I would love to try the peanut butter ginger chews! mmm. Peanut butter.

**Molly** says:  
[August 2, 2010 9:52 AM](#)

I don't do much for runs under 6 miles, maybe some sports beans. But for the looong ones, I love strawberry banana gu!

**Molly** says:  
[August 2, 2010 9:53 AM](#)

I'm a follower!: )

**Molly** says:  
[August 2, 2010 9:56 AM](#)

I'd like to try the Energy Elixer!

Hope your 16 miler went well!

**Katie A.** says:  
[August 3, 2010 9:57 AM](#)

I cannot Gu at all either! I recently tried sport beans and although they didn't mess with my tummy, they did nothing for me.

On trail runs, I love pretzels and nuun. But this weekend, I'm grabbing my sherpa, aka hubbs, and having him carry some PB&J next to me to try - I hear that works well, too!

I have also hear of ginger but always forget! I need to win!

**Katie A. says:**

[August 3, 2010 10:00 AM](#)

I keep forgetting to ask, but how did you run in your sunglasses? They're cute, I'm jealous, but I have to use dorky croakies to keep my plastered to my face! LOL!

Onto the contest...

The Reeds RX - the elixir for nausea sounds awesome. I often get a sour tummy, even while not running, and this sounds like a great option. :)

**Katie A. says:**

[August 3, 2010 10:00 AM](#)

I'm a follower!!!

**lindsay says:**

[August 3, 2010 3:48 PM](#)

ginger chews... sound interesting! i'm all about gu chomps on a run, so i feel like i would be down for some ginger chews. i know i have like a 0% chance of winning though since i just recently won the wrist band thingy (which i did get, by the way, sorry for the delayed confirmation and THANKS). it came just before the wedding, hence the whirlwind and delay... sorry.

**MarciaG says:**

[August 4, 2010 4:01 PM](#)

I use Gu's and Hammer Gels...this is the first year that they are NOT agreeing with me though. Uh oh.

**MarciaG says:**

[August 4, 2010 4:01 PM](#)

I follow you.

**MarciaG says:**

[August 4, 2010 4:03 PM](#)

I love ginger and ate a ginger candy while pregnant...helped with the upset tummy. PB all the way..never tried it, but am sure I will love it. Thanks for the chance!

**MarciaG says:**

[August 4, 2010 4:05 PM](#)

Tweeted!  
<http://twitter.com/MarciaGrajewski/status/20340577815>

**Jamoosh says:**

[August 4, 2010 4:13 PM](#)



I don't nibble on anything - I should start!



**Jamoosh says:**  
[August 4, 2010 4:14 PM](#)

I'll stick with the original ginger chews



**Jamoosh says:**  
[August 4, 2010 4:14 PM](#)

I am a follower - go me!

Write a comment

Comment as: [Select profile...](#)



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