Gastrointestinal distress (GI) is a widespread problem among athletes, with prevalence rates that vary from 25-83% in endurance athletes, especially runners. While a standard definition of GI distress does not exist, the scientific literature reports common symptoms such as nausea, vomiting, bloating, abdominal pain, gas, and diarrhea among endurance athletes. Nutritional approaches to help manage GI distress are still evolving, however, research suggests that carbohydrates play a role. The use of multiple carbohydrate transporters, carbohydrate-based mouth rinses and a low FODMAP diet, are all strategies that can be employed to help an athlete who suffers from this complex GI problem. Recommendations for preparing the gut for competition will also be discussed during this seminar.