

## New Product! E-CAPS' CREATINE BOOST

### *Creatine Loading Formula*

Some of you may have heard or read about creatine in the last year or two. This is what Linford Christie and some of the other British athletes in the 1992 Olympics were using when they won numerous medals. There have also been several laudatory articles in various athletic publications which have been surprisingly accurate in describing the benefits of this muscle fuel.

Creatine, a natural food compound, serves as a high energy bond in muscle and nerve tissues for maintenance of ATP (Adenosine Triphosphate) levels during muscular contraction. Studies report that the increase of creatine levels will help delay the onset of fatigue, increase energy metabolism in the cells, buffer lactic acid build up, and enhance the body's overall training capabilities. These are some of the findings of recently published scientific studies. Subjective data gathered from athletes also indicates that creatine supplementation also helps to speed recovery after intense workouts and reduces muscle soreness/stiffness.

One creatine study which was done in Sweden by Roger C. Harris, Karin Soderlund and Eric Hultman which was subsequently published in 1992 in a journal from Great Britain, *Clinical Science*, demonstrated that orally ingested creatine

*(continued on page 8)*

## Good Nutrition for the Winning Edge

*by Sheldon Baker*

Athletes should be more interested in good nutrition than most people, for optimum athletic performance is directly related to good health.

The drive to win is so great, athletes engage in self-destructive behavior, like taking steroids even when they know they are dangerous. They should use the same drive to enhance their performance by combining fitness — both physical and nutritional.

Trace minerals like iron, copper, zinc and GTF (Glucose Tolerance Factor) chromium are essential trace minerals the human body needs to keep healthy and fit. But for athletes, GTF chromium may be the most important mineral of all.

GTF chromium is essential to the metabolism of carbohydrates and amino acids. Since GTF chromium is excreted at high levels following a vigorous workout, a short amount of aerobic exercise or eating large amounts of refined sugars and carbohydrates, athletes are at high risk for developing GTF chromium deficiency.

GTF chromium can help athletes increase muscle size and maintain high energy levels. On the other side of the coin, according to researchers at the U.S. Department of Agriculture (USDA), GTF chromium deficiency may result in serious impairment of muscle growth

and peak performance.

American diets are deficient in GTF chromium because food processing removes up to 80 percent of the chromium found in foods, and actually less than two percent of the chromium from most food sources is actually absorbed.

One of the body's most powerful anabolic hormones is insulin. Like growth hormone and testosterone, insulin is vital for growth and muscle development and energy production. Insulin, also the main promoter of en-

ergy, is virtually ineffective without the biologically active GTF form of chromium.

Studies at the USDA Human Nutrition Research Center in Beltsville, MD, showed aerobic exercise caused significant utilization and depletion of the body's chromium. For example, following a six-mile average chromium losses are almost five times that of the normal rate.

On an exercise day versus a non-exercise day, chromium losses have been shown to double. And during aerobic exercise, large amounts of GTF chromium are released from body tissues to assist insulin in transporting glucose into muscle cells for energy. On the average, only five percent of the chromium returns to storage. The remainder is excreted.

*(continued on page 4)*







## **POWER SURGE** **Same Product, New Name**

In February of 1993 E-CAPS introduced a revolutionary new tasteless, sugarless, energy drink mix named **ENERGY SURGE** which, from now on will now be known as **POWER SURGE**. In the past year, **POWER SURGE** has turned more than a few heads because it delivers dense, high quality calories without making you feel sick. Athletes with sensitive stomachs have been the most appreciative of this energy drink because it solves one of the most perplexing problems that they have to deal with. If you have ever gotten sick or bonked using regular energy bars and drinks, then you know exactly what we are talking about.

Although the product has been very well received, we felt that the name could use some improvement. First there was the confusion caused by the pre existing **ENERGY SURGE** pure ATP supplements already in the E-CAPS product line. Then there was the fact that the words **ENERGY SURGE** naturally bring to mind a surge of energy, which is fine for the pure ATP tablets since that is what they do. But the effects that one notices from the drink mix are almost completely opposite. Since there is no simple or refined sugars to cause a sugar rush, or surge of energy, most athletes report very stable, constant energy levels and an absence of fatigue when using the energy drink.

For these and other reasons, we felt it was imperative that the product be renamed and thus after extensive brain storming and searches at the local Patent and Trademark Library, it was agreed that **POWER SURGE** would be the new name for

E-CAPS' "different" energy drink.

### **Jeff Cuddeback's opinion of POWER SURGE**

"I trained and raced with **POWER SURGE** all last year. During the 1993 Ironman my energy levels stayed constant throughout the entire race. I experienced no nausea or upset stomach as I had in previous Ironmans when I used other energy drinks. **POWER SURGE** has little after taste, is not sweet and is very easy to drink. Unlike other energy drinks, you can mix a large water bottle with over 1,000 calories with no risk of too concentrated of a solution. This enables **POWER SURGE** to easily provide all of the calories I need in a long race. At the 1993 Ironman I used three bottles, 1,000 calories each, on the 112 mile bike leg and two more for the marathon. I also drank plenty of water for hydration and it worked perfectly. I have never consumed so many calories and felt so good while racing to a 8:50 Ironman finish.

Not only does **POWER SURGE** work great at Ironman distance races, it is also equally effective at shorter Olympic distance races. I had great success at both Nationals and the World Championship while training with it. Prior to all of my short races I drank **POWER SURGE** as part of my pre race breakfast and also had some on the bike.

**POWER SURGE** has never even come close to upsetting my stomach or causing any undesired side effects.

If you have not yet tried **POWER SURGE**, you really owe it to yourself to see if it works as well for you as it has for me." ■

## **ENDURO CAPS** **What color should they be?**

Many of our customers have noticed that the color of the **ENDURO CAPS** capsules seems to change from time to time. Sometimes they are white, beige or brown, depending on the heat/humidity during storage. The main ingredient, Cytochrome C, is very sensitive to moisture. So, when the capsules encounter moisture, the contents start to change from white to various shades of brown. Since there is usually at least 10-20% moisture content in the air, a lot more in the south and eastern states, merely opening the bottle to take out your daily dosage will allow moisture to get into the bottle.

We have added desiccant pouches to the bottles to minimize the browning effects, but it is just impossible to keep all moisture from entering the bottle and thus the capsules. What all of this means is that in the summer time or after the product has sat around for 3-6 months, they will tend to change colors. This change in color does not change the effectiveness or safety of the **ENDURO CAPS** product.

To prevent the browning from occurring, we recommend that you keep all of your **ENDURO CAPS** bottles in the refrigerator and always keep the lid tightly closed. ■





## HEALTHY RECIPES

*Spaghetti squash is a versatile and delicious member of the squash family. Available most of the year, this vegetable takes its name from the popular noodle because when cooked its meat breaks down into long strings. Try these recipes as a refreshing change from pasta and a great way to get more vegetables in your diet.*

### SEASONED SPAGHETTI SQUASH

#### INGREDIENTS:

- 1 medium spaghetti squash, cut in half
- 1 tablespoon unsalted butter (preferably raw)
- 1 tablespoon Parmesan cheese
- 1 1/2 teaspoon salt-free seasoning (lemon-pepper, Italian style or Vegit)

#### PREPARATION:

Cut half of spaghetti squash in half again, steam for about 25 minutes or until tender. Remove from steamer, let cool for 5 minutes. Using a large spoon remove squash meat from skin and put in bowl. Discard skins. Add butter, Parmesan cheese and seasoning; stir gently. Cover bowl with lid to keep hot. Makes 4 side-dish servings.

#### Nutritional facts per serving:

Calories .....	65.25
Protein .....	1.3
Carbohydrate .....	7.5
Fat .....	3.5

### SPAGHETTI SQUASH WITH MARINARA SAUCE

#### INGREDIENTS:

- 1/2 medium spaghetti squash
- 6 oz. marinara sauce (we use Prego brand)



#### PREPARATION:

Cook squash same as above and remove squash meat from skin. Spoon hot marinara sauce over squash; serve. Makes 2 large servings.

#### Nutritional facts per serving:

Calories .....	144
Protein .....	2.3
Carbohydrate .....	22.5
Fat .....	5.1

*Flank steak is a lean cut of beef that benefits from a marinade.*

*Any leftovers make a great steak sandwich.*

### MARINATED FLANK STEAK

#### INGREDIENTS:

- 1 flank steak
- 2 tablespoons low sodium soy sauce
- 1 teaspoon honey
- 1/2 teaspoon sesame oil
- 1 clove garlic
- 1/2 teaspoon grated ginger (optional)

#### PREPARATION:

Flank steak usually comes between 1 1/4 and 2 lbs. If this is more than you need, cut in half and freeze one of the steaks. Allow about 1/3 lb. of (raw) meat per person. In a small saucepan, combine all ingredients, except meat, and heat on low stirring constantly until honey melts. Pour over meat and let marinate for 20-30 minutes. Broil or barbecue meat until desired wellness. To serve slice thinly at an angle, cutting across the grain.

#### Nutritional facts per serving:

Calories .....	274
Protein .....	30
Carbohydrates .....	2.6
Fat .....	14.7



**Suggested menu:**  
Marinated Flank Steak, Seasoned Spaghetti Squash, steamed broccoli and green salad.



(Good Nutrition cont'd from page 1)

As mentioned earlier, athlete chromium deficiency is compounded when diets are high in refined sugars and carbohydrates, and increased in blood sugar usually result in increases of chromium excretion.

GTF chromium is the master nutrient for controlling blood sugar. It helps overcome sugar cravings and also helps level out the highs and lows of a high carbohydrate diet, promoting a steady stream of available glucose for continuous, prolonged energy.

U.S. government studies show that diets of nine out of ten Americans are deficient in chromium, containing less than the minimum safe and adequate amount established by the National Research Council (50-200 micrograms per day). The problem is merely compounded for athletes whose nutritional requirements are far greater than most people.

GTF chromium functions as an insulin co-factor binding insulin to cell membrane receptor sites where insulin facilitates the transport of glucose into cells for energy. Research has shown that insulin is unable to increase glucose uptake in body tissues. In combination with GTF, mediated insulin is an extremely potent anabolic hormone that works synergistically with Growth Hormone to build muscles dramatically.

Both insulin and Growth Hormone are equal in their ability to promote growth and increase muscle mass. Yet growth cannot occur by Growth Hormone or insulin alone.

Insulin's anabolic effect is attributed to 1) increased active transport of branch-chain amino acids such as valine, leucine and isoleucine; 2) increased transcription of DNA; 3) accelerated translation of messenger-RNA; and 4) conservation of amino acids.

Insulin also inhibits the catabolism of proteins. In the absence of insulin, body tissues continue to be broken down as usual, but there is no replacement.

Insulin secretion normally responds to increases in blood glucose levels. Like Growth Hormone, the amino acids, particularly arginine and lysine, stimulate insulin secretion from the pancreas. This effect differs from Growth Hormone in that these amino acids, administered in the absence of glucose, cause only small increases in insulin secretions. However, when administered at the time blood glucose is elevated, insulin may double in the presence of excess amino acids.

Immediately after a high-carbohydrate meal, glucose absorbed into the blood causes secretion of insulin. The insulin in turn causes rapid uptake, storage and use of glucose by almost all tissues, especially in the liver and muscles.

Glucose is stored in the liver in the form of long complex chains called glycogen. Later, when it's needed, liver glycogen is split back into glucose and transported to the body's cells for energy. Liver's glycogen is the body's primary source of energy.

Muscles, if not exercised following a meal, also store glucose as glycogen. The glycogen is especially useful to provide extreme spurts of energy for a few minutes at a time.

Insulin has a direct effect on the muscle cell membranes to facilitate glucose transports. Insulin increases the rate of glucose transport into muscle cells almost twentyfold.

Foods rich in biologically active chromium (the form that activates insulin action) are Brewer's yeast, black pepper, liver and wheat germ. But even Brewer's yeast, the

(continued on page 5)

## GOOD NUTRITION SUPPLEMENT

The article by Sheldon Baker on GTF chromium makes several references to increasing muscle size and the anabolic effects of chromium supplements. You should understand that taking chromium alone, or any other "anabolic" supplement, will not cause unwanted muscle growth. The reason being that your muscles will only hypertrophy (grow larger) in response to very specific types of training, i.e. heavy resistance training.

No matter what supplements you take or diet you follow, endurance training will not tend to increase muscle hypertrophy. The normal result of endurance training on your muscles is increased vascularity (relatively small, extremely well defined). Muscle vascularity is typified by increased mitochondrial density within existing muscle tissue. Achieving maximum vascularity within your muscles is the desirable outcome of endurance training. A product with anabolic properties, such as GTF chromium, will accelerate this process, and will not cause unwanted muscle growth.

For extensive technical data contact InterHealth at 1-800-783-4636. To order ChromeMate®, call E-CAPS at 1-800-336-1977. ■



(Good Nutrition cont'd from page 4)

richest known source of biologically active chromium in nature, contains only a few micrograms of chromium per gram. Less than 10 percent of this is in the biologically active form.

The new, or advanced generation of GTF chromium is a chromium-niacin bound ingredient, the key constituent of genuine GTF activity.

Proven safer and more potent than prior chromium supplements, the chromium-niacin bound ingredient is essentially free of inert inorganic chromium salts such as chromium chloride and exhibits high biological GTF activity. First discovered by Dr. Walter Mertz, former director of the USDA Human Nutrition Research Center, GTF niacin-bound chromium does not cause allergic reactions, a problem with amino acid chelated and yeast based products.

Simple chromium salts such as chromium chloride, do meet the criteria of an essential trace mineral. Also, chromium chloride does not potentiate insulin activity (the primary function of biologically active chromium), and are poorly absorbed.

Chromium picolinate became popular when it was reported that it increased lean body mass in male athletes. Subsequently, the product has been promoted as a natural steroid alternative that reduces fat, builds muscle and increases life span. However, despite the advertising claims, questions about the safety and efficacy of chromium picolinate exist. In addition, chromium picolinate claims have never been substantiated by a consensus of independent peer-reviewed re-

search and are not approved by the FDA.

Dr. Mertz confirmed that the use of picolinic acid as chelating agent in trace mineral supplements is probably misguided. According to Dr. Mertz, who tested chromium picolinate, it is ineffective at potentiating insulin (again, the primary function of biologically active chromium), and is probably too tightly bound to be physically active or useful as a chromium supplement.

Most importantly, neither picolinic acid nor chromium picolinate have been declared safe for human consumption, and they are not approved food additives or listed as GRAS (Generally Recognized as Safe) by the FDA.

Independent university research studies found ChromeMate®, the patented oxygen coordinated chromium-niacin complex found in Enerzymes ChromeMate, is the most bioactive of all chromium — over 18 times more potent than other forms of niacin-bound chromium.

Recently, a study at the University of California found that ChromeMate was absorbed and retained more than 300 percent better than chromium picolinate and 600 percent better than chromium chloride.

*Sheldon Baker is marketing communications director for InterHealth Co., the leading manufacturer of ChromeMate® niacin-bound chromium and OptiZinc® zinc monomethionine.*

For extensive technical data, contact InterHealth at 1-800-783-4636. To order ChromeMate®, call E-CAPS at 1-800-336-1977. ■



For 1994 E-CAPS is instituting a Photo Bonus Program for all of our customers and sponsored athletes. This win/win program is designed to put cash in your pocket and help us to get better exposure from the thousands of satisfied customers using our products.

Here's how it works: We supply you with free decals which you can affix to your helmet, disc wheel, bike, or any other equipment. Then you go out and do your thing at the races and someone will inevitably take a picture of you with our logo visible. Then you send in a copy of the photo with the specifics of what publication it appeared in and we will send you a check.

The amount of the check will depend on the size of the photo, whether it's color or black and white, and the type of publication that it was published in. The minimum payment is \$25.00 for a black and white photo published in a local newspaper. The maximum payment is \$1000.00 for a color cover in a magazine like Triathlete or some other sport specific publication.

We will begin including new decals with orders in mid to late March, or you can call the toll free number to request decals. ■





# RESISTANCE TRAINING FOR THE ENDURANCE ATHLETE:

## Part 3 of 3

by Dan Miller

### PHASE IV

Welcome to phase IV, power, and congratulations for all of your preparation to this point. The next 3-5 weeks will peak your off season strength/power training and since you are probably building your aerobic base for the fast approaching season, recovery becomes even more critical. Therefore it is recommended that you train 2 times per week, i.e. Monday and Thursday, Tuesday and Friday or Wednesday and Saturday. This

will allow high intensities with each workout and still provide adequate recovery.

Since you will be working with heavy weights and low reps during this phase, you may find it helpful, if not essential, to have someone spot you on your heavy sets. If you do not normally workout with a partner, just ask anyone around for a spot. It is common courtesy in the gym to spot one another.

### PHASE 4 CHART

Power	3-5 weeks	
Warm Up	5-10 minutes of stationary bike, XC Machine, jumping rope, etc.	
EXERCISE	SET/#OF REPS	ADD'L SETS/REPS
Step Ups	1x15@bodyweight(BW)	1x11@50% 1RM, 3x3-7@95% 1RM
Dead Lifts	1x7@50% 1RM	1x7@75% 1RM, 3x1-5@90-100% 1RM
Power Cleans	1x7@50% 1RM	1x7@75% 1RM, 3x1-5@90-100% 1RM
Seated Single Leg Curls	1x11@50% 1RM	1x7@75% 1RM, 3x3-5@90-95% 1RM
Bench Press	1x7@50% 1RM	4x1-5@90-100% 1RM
Pull Ups	1x11@BW	3x3-5 (adding 5-10 lbs. per set)
Push Press	1x7@50% 1RM	4x1-5@90-100% 1RM
Bent Over Rows	1x7@50% 1RM	4-3-5@90-95% 1RM
Back Extension	1x15@BW	4x11-15@BW+10-25 lbs.
Ab Crunches	1x25-35	2-3x25-35
Obliques	1x20-25 each side	2-3x20-25 each side
Stretches	10-15 minutes or more	

### PHASE V - (You should be entering this phase in mid or late April.)

Now that you have reached the beginning of your competitive season, the workouts in this phase are intended to help you maintain your new strength. This will help you keep the edge you have developed during

the off season. In order to keep this new strength that you have acquired, your strength maintenance workouts should occur every 5-7 days with at least 2 days of recovery before competitions. (See chart next page.)





## CLIF BAR — NEW FLAVOR

Clif Bar products has just introduced a new flavor called Chocolate Chip. It has rice crunchies and chocolate chips in a base of rolled oats with figs, raisins and other goodies. We really like this new flavor because it is not too chocolaty. This new flavor is added to the existing Apricot (our favorite), Date/Oatmeal, Apple/Cherry and Double Chocolate.

We have been carrying the Clif

Bars since they first came out and feel that they are one of the best energy bars on the market. They are the only energy bar made without any refined sugar, wheat or dairy products. This is important because most of the negative side effects that athletes experience when eating other energy bars can be attributed to one or more of these common ingredients. The truth is that the only difference between most en-

ergy bars and regular candy bars is less fat. On the other hand, Clif Bars are real health food and they taste like a moist cookie. So, if you have a sensitive stomach or have had problems with other energy bars, Clif Bars are definitely worth a try.

If you would like to try the new Chocolate Chip flavor or any of the other great Clif Bars, refer to your E-CAPS order form or call our toll free number. ■

### PHASE 5 CHART

Maintenance

Warm Up

Entire Competition Season

Same as Before

#### EXERCISE

#### SET/#OF REPS

#### ADD'L SETS/REPS

Step Ups

1x15@BW

2x11-15@60-80% 1RM

{ Dead Lifts  
Seated Single Leg Curls } \*

1x7@50% 1RM

2x7-11@60-80% 1RM

2x11-15@50-70% 1RM

{ Power Cleans  
Single Leg Squats } \*

1x7@50%

2x7-11@60-80% 1RM

2x11-15@50-70% 1RM

*\*Do only one pair per workout, alternating back and forth periodically*

Incline or Flat Bench Press

2-3x5-11@60-80% 1RM

*(Incline or Flat Dumbbell presses may be substituted or alternated)*

Pull Ups

2-3x5-11@BW+10-25 lbs.

Push Press

2x5-11@60-80% 1RM

Back Extensions

1x15@BW

2x15@BW+5-10 lbs.

Ab Crunches†

2-3 sets of 15-25 reps

Obliques†

2-3 sets of 15-25 reps

*†Should be done 3-5 times per week*

Stretches

10-15 minutes or more

Note: In the previous issue of Endurance News when Mr. Miller was discussing using 10 rep max as a safer way to calculate 1 rep max, it said to wait 15 minutes between 10 rep max attempts. It should have said to wait 5 minutes.

HAPPY ST. PATRICK'S DAY!



monohydrate does increase muscle concentrations of creatine phosphate. The study involved 17 individuals and showed a 35 percent increase in muscle concentrations of creatine compared to a placebo group.

Another study by Dr. Hultman consisted of five middle distance runners doing four 1,000 meter intervals, with four minutes rest between each one, and four 300 meter sprints, with three minutes rest between. The two tests were performed on different days. The runners taking creatine cumulative times decreased from 769.8 second to 757 seconds, while the placebo group reported times of 774.1 seconds and 775.3 seconds, respectively. On the 300 meter sprints, the creatine group's cumulative time dropped from 152.2 seconds to 150.7 and the placebo group's times dropped from 165 to 164.4 seconds. These numbers produced the desired "statistical significance" necessary to validate the findings and as a result have been widely reported in the scientific and athletic communities.

While creatine has been in use among athletes for many years, it is the positive attitude of the very skeptical, and traditionally anti supplement, scientific community which really makes creatine interesting. Some skeptics have gone so far as to call creatine the first true ergogenic aid. Edmund Burke, Ph.D., in a recent article in *Winning Magazine*, went so far as to say, "Based on the available scientific research as well as anecdotal evidence provided by athletes themselves, it appears that creatine is a legal ergogenic aid that works." When "experts" who usually say things like "vitamins only

give you expensive urine" start singing the praises of an ergogenic aid, you know that it has got to be special.

#### USING CREATINE

Athletes who follow a fairly simple loading regimen will have the best results. You would start at least three or four weeks before a competition by taking 2-4 grams per day. Then about one week prior to the event you would start loading

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***"Based on the available scientific research as well as anecdotal evidence provided by athletes themselves, it appears that creatine is a legal ergogenic aid that works."***

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**Edmund Burke, Ph.D.**

with 3-4 gram doses taken three times daily (8-12 grams total). After the competition you should discontinue use for a least one week before resuming a daily dosage. These dosage ranges take into account the different bodyweight and individual characteristics of the athletic population. Smaller athletes should start with the lower dosage levels while large athletes would lean towards the higher levels. Keep in mind that in the previously mentioned study, subjects were given up to 30 grams per day for 7 days and on alternate days for 21 days.

Although the existing research has not demonstrated any significant side effects from creatine loading, athletes should use some caution with this supplement. Taking excessive dosages or using it con-

tinuously for too long may not be desirable. First, if creatine is taken for long periods of time, the athlete may notice a decrease or complete cessation of benefits. Also, some athletes have reported mineral deficiencies/imbances after creatine loading for extended periods. Although these negative effects are relatively minor, and do not occur in every athlete, it did nevertheless cause us to delay the introduction of

E-CAPS' own creatine supplement. We are committed to offering only safe, natural ergogenic aids which have no side effects and very little potential for misuse. So, it was only after more than two years of study and 18 months of field testing that we deemed Creatine Monohydrate suitable for inclusion in the E-CAPS product line.

#### THE BOTTOM LINE

Recent scientific research and the enthusiastic support of many die hard skeptics serves as ironclad confirmation of what some athletes have known for years: Creatine loading is an effective and legal way to enhance athletic performance. However, you shouldn't have to pay through the nose to enjoy the benefits of this product. Some companies are charging up to \$74.00 for 64 grams of Creatine Monohydrate imported from England. E-CAPS' Creatine Boost will retail for \$24.95 for 120 grams, and it is produced domestically. As a special bonus for E-CAPS customers and readers of EN, you can reserve as many bottles as you want for \$19.95 each. This special introductory price will only be in effect until April 30th, so you should call 1-800-336-1977 or write to us very soon. ■



## FEEDBACK

A reader called with some feedback on the "Listen to your heart" article that appeared in the last issue of Endurance News (EN#4). He was disturbed that I had suggested that the resting pulse rate be taken manually, because of the possibility of inaccurate measurements, instead of instructing readers to use a heart monitor.

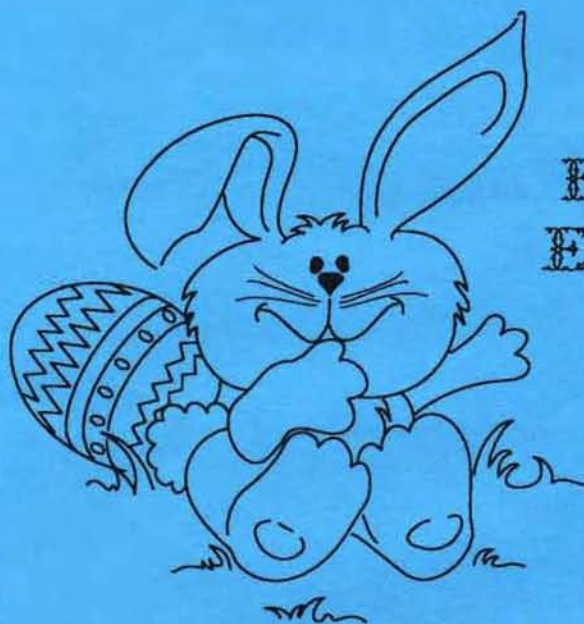
I completely agree that a heart rate monitor is the most accurate way of measuring your pulse, especially while exercising. However when the discussion is limited to measuring your resting pulse rate, a heart monitor has some drawbacks. I would also point out that when a person checks their pulse every morning, it is not that hard to get an accurate reading to within one or two beats per minute. Remember that you are looking for changes of 5-10 bpm as the indicator of over-training or the onset of a cold or flu.

If you feel that manually checking your pulse is not satisfactory, the method which would allow for the smallest margin of error would

be to sleep with the sending unit on and record the reading when you wake up. I can't speak for everyone, but I think this is less than ideal because I already wear my monitor almost everyday during training and the last thing I want to do is sleep with it on too; It's just not comfortable or convenient. The other option would be to have the monitor next to your bed and to get up and put it on when you wake up. This is also less than ideal because this activity would likely cause your pulse to rise above the resting level.

The whole idea is to check your pulse every morning and to look for changes that will help you to circumvent problems before they become problems. So, whether you choose to do this with your trusty heart monitor or by hand, just do it everyday.

If you have feedback on this topic, or any other subject which has or has not been covered in EN, write to us and let us know what's on your mind. ■



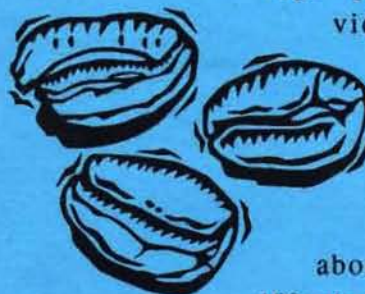
HAPPY  
EASTER

## WHAT'S NEW? GU!

GU is the creation of Dr. William Vaughan, the original formulator of the PowerBar\*, who saw a need for a more efficient product for high performance athletes. GU has been tested extensively over the past three years and has delivered numerous record breaking performances.

GU is a simple and complex carbohydrate syrup that comes in 1.1 oz. packets. Each "friendly pack-

age" provides



about  
100 calories.

The packets are much easier to open than Squeezys and come in three flavors; Vanilla Bean (our favorite), Chocolate Outrage and Orange Burst.

The GU does contain a little caffeine and Ginseng, so depending on how you respond to stimulants, that may or may not be a plus for you. The syrup is also fortified with amino acids, lactic acid buffers, potassium, sodium and calcium.

The GU will be in stock by the time you read this and will sell for \$1.25 per package or \$1.00 each for 24 or more units. Yes, you can mix flavors and still get the case price.

\*PowerBar is a registered trademark of Powerfood, Inc. ■



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## **Endurance News Mission Statement**

The objective of Endurance News is to provide you, the serious endurance athlete, with a valuable resource that you will find to be informative, educational, thought provoking and helpful in your ongoing pursuit of optimum performance and health.

Endurance News features insightful articles on diet, nutrition, training and other topics of interest to endurance athletes - Written by myself as well as professional and elite amateur athletes, and other experts in the area of nutrition and exercise. In addition, EN will include articles highlighting new and existing E-CAPS products and how to get the maximum benefits from them.

In reading this and future issues, please remember that the views expressed in this publication will always be biased in favor of eating a healthy diet, hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. But above all, we at Endurance News believe there are no short cuts, and success can only come from hard work.

*Brian Frank  
Editor*

**Legal disclaimer:** The contents of Endurance News are not intended to provide medical advice to individuals. For medical advice, please consult a licensed physician. ■

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- **Reader Feedback**
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- **ENDURO CAPS - Color?**