

ARTIFICIAL SWEETENERS

Aspartame

In recent years the use of artificial sweeteners has risen dramatically with the advent of aspartame. Most of you are more familiar with the trade names *NutraSweet* and *Equal* found in almost all diet, reduced calorie and "sugar free" products sold today. But is this product really "a safe, low calorie alternative to sugar" as we have been told since it deposed saccharin as the artificial sweetener of choice several years ago?

First, a little background: For years science has been working on alternatives to sugar for several reasons, but mainly to provide a sweet substitute with few or no calories. Saccharin (*Sweet 'N Low*, *Sweet 10*), a noncaloric petroleum derivative which is absorbed by the body and excreted unchanged in the urine, was thought to be the perfect sugar substitute. It has zero calories and is about 500 times sweeter than sugar. However, once further research found it to be carcinogenic, the search was on for a new artificial sweetener. Next came aspartame (*NutraSweet*, *Equal*) which is a combination of the amino acids phenylalanine and aspartic acid. It has almost no caloric content, is several hundred times sweeter than sugar, and be-

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WHAT ONE NEW ENGLANDER HAS TO SAY ABOUT WINTER TRAINING

by Bill Riley

When I am training or attending a small race on fall and winter weekends, after a busy summer of Triathlons, I am often asked "Do you have something special you are training for," or "What do you have coming up?" My answer is usually the same. "I'm just training for Boston."

Actually, I am training for Boston, but on the way I am putting in the work that gives me the endurance background for all of my races in 1995. After the last Triathlon, usually in early September, unless I am at the Ironman, I begin to put in my road mileage. From a summer average of 30 miles a week I work up to 50, often entering a late fall marathon or 50 miler as I did in 1993. Fully 2/3 of my yearly mileage falls in these 6 months.

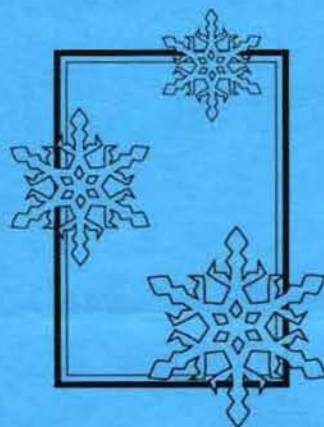
By the middle of September, I begin increasing my weekly mileage very gradually, by no more than 3-4 miles a week or 10%. By mid November I am at 50 miles per week. My schedule looks like this: Monday is an off day from running. Tuesday is an easy 5 miles, increased to 10 miles in 8 weeks.

Wednesday is medium effort at the track or road intervals all at 10K pace. Track workout might consist of 80-82 second quarters and the road work would be 2 minutes

on, 1 minute off. Total mileage including 1.5 mile warm up and cool down is 6 miles. Thursday is another easy 5 miler, increased to 10 miles in 8 weeks. Friday is a club 5 miler run at 30 seconds slower than 10K pace. Saturday is an off day but ends

up as an optional 5 miler. Sunday is my long slow run which I do at 1 minute slower than marathon pace. These runs start out at 10 miles, which is the distance of my long runs in the summer when not racing, and builds to 20-22 mile in 8 weeks. I should also add that with these long runs, I alternate running the "long" one with a moderately paced 10-12 miler that is closer to marathon pace. I consider this run

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EDITOR'S NOTE

*There was no November/
December issue
of Endurance News*



REFLECTIONS ON TURNING 40 AND CHROMEMATE

by Debbie McSorley

A family member, not my husband, "mentioned" that it looked like I had gained weight. He left the next day for a winter in Florida and I got on the scale... Sure enough... 5 pounds!

Not so bad except it was two months before my 40th birthday. I had not thought about my weight in years. Living in Marstons Mills on Cape Cod with my husband Bill Riley, and around the corner from elite triathletes Marci Cantu and Jon Bold, I was not a couch potato. But, timing is everything! I took the words to heart and went into action.

It was the end of the Triathlon season and time for my many varied winter workouts. These included rowing, running inside and outside, Cindy Crawford's exercise video, cross country skiing, ice skating, biking inside on my trainer, water running, and swimming...two workouts daily, 10 days at a time before a day off.

Four months later the pounds were still not coming off. I felt my metabolism was at a standstill. I had turned 40 and was somewhat frantic. Had my body failed me? All the good nutrition and hours of exercise, and this is what I get in return.

February came along and I read a magazine article on Chromium. I asked my husband what he knew about it. He said there were brochures on the table with his recent shipment of E-CAPS. I read ev-

erything and asked "do you have any Chromemate?" Yes of course. He had been holding out on me.

Well, I made up my mind to try it - 200mcg daily. A new Approach! I measured and weighed myself and wrote it down on a 3x5 card and tucked it away. I kept up the exercise, a more reasonable 6 days a week and we maintained our low fat diet.

Summer arrived and it was Triathlon time again. Lots of positive comments came from friends and fellow athletes. I had not really noticed. Perhaps it was time to find the 3x5 card from 6 months earlier. I measured myself again. I had lost 2" off my hips and 8 pounds were GONE. I was ecstatic.

I am now 41, I survived a woman's trauma of turning 40. I know this decade will be a great one!

Besides helping me loose the weight I had been unable to get rid of, I was awarded the Cape Cod Athletic Club's multi-sport award for the year and I also placed 3rd in my age group in the New England Series. I honestly feel that Chromemate played a major role in my improved appearance and results.

Debbie McSorley is a licensed Real Estate Broker. She owns Rentals Unlimited in Cape Cod which handles residential property rentals.

Chromemate is available from E-CAPS for \$9.95 per 100 tablet bottle. Call 1-800-336-1977. ■

Readers Comment on ENERGY SURGE

In the last issue of ENDURANCE NEWS, we asked customers who have such wonderful things to say about the product on the phone to "put it in writing." The incentive to respond was a free container of the drink mix to 5 randomly selected respondents. One of the responses was so amusing that we just had to print it for everyone to enjoy.

Ode to ENERGY SURGE

*Electrolyte drinks
I had to forsake
Just too many races with a
mean belly ache*

*Then Ultrarunning
"ran" an ad
About a drink that didn't
sound too bad*

*Could I believe it?
Could it be true?
An energy drink that didn't
make me blue?*

*Well indeed
it wasn't just a line
ENERGY SURGE
was really mighty fine*

*Now always with me
on a long run
Is ENERGY SURGE in my
bottle and I know I'll have fun*

Our thanks to Lynn Asbury for this fine poem. We have sent a free container of ENERGY SURGE to her, as well as Randy Hancock, John Thometz, Bob Hartley, and Ted Thayer. Thanks go out to all of the other customers who wrote in as well. ■

Many health conscious athletes as well as millions of other Americans are suffering the ill effects of Monosodium glutamate (MSG) that they don't even know they are ingesting as a result of poor label-

packaged food items. Some of you may even have it in your spice cabinet as the seasoning "Accent."

Experts believe that one in three Americans may experience adverse reactions from ingesting

MSG, including headaches, diarrhea, or extreme fatigue.

Some people may even suffer life threatening reactions such as severe asthma attacks, heart fibrillation and severe depression. In fact, in

an FDA sponsored 1990-1992 study it was recommended that MSG be avoided by pregnant women, infants, children, women of child bearing age and people with mood disorders.

These groups, which number over 100 million, have no way under current FDA regulations to know the amounts of MSG present in the food they eat. This is because if it is less than 99% pure, manufacturers do not have to list it as "monosodium glutamate" on the label.

In light of the volumes of scientific research that substantiate the seriousness of the MSG problem, the logical thing for the FDA to do would be to change the existing

regulations to require all food labels to list the amount of MSG present, no matter what its purity, accompanied by a simple cautionary statement to those groups most at risk. Until this happens, health conscious individuals should take every precaution to avoid consuming MSG.

If you believe you are sensitive to MSG, here are some suggestions:

1. Avoid eating canned or processed foods whenever possible.
2. Read labels carefully and look for those nebulous words like "and other natural flavorings." Substitute these products with ones that have "cleaner" natural ingredients.
3. It is important to know if a restaurant uses MSG. If you are not sure, ask if your food can be prepared without it. ■

"Experts believe that one in three Americans may experience adverse reactions from ingesting MSG, including headaches, diarrhea, or extreme fatigue."

ing requirements by the Food and Drug Administration. Although the FDA has been aware of MSG sensitivity since at least 1968, its regulation only requires that it be identified on food labels when it is in its purest form (99% pure). In order to avoid the stigma of MSG, many companies simply use it in a less pure form and list it as a "natural flavoring" or "flavoring" on the ingredient label.

You may have heard of or personally experienced "Chinese restaurant syndrome" (tingling, swelling, numbness occurring within two hours of eating). Although Chinese restaurants have a reputation for using lots of MSG, it is a popular flavor enhancer used in restaurants serving all types of food, as well as many canned and



to be my most difficult but worthwhile run. From past experience I find it impossible to run a 6:45 paced marathon if all of my long runs are at a 7:45 pace.

Culminating with the Boston Marathon, this winter training gives me the endurance background I need for the Triathlon season, which in New England begins in late May. With road work behind me I am now able to concentrate on the more intense workouts necessary for the shorter events. Training for three events is difficult time wise, let alone trying to find the time for long runs every other weekend. I tend to get run down with long runs in the summer while also biking and

swimming.

In addition, I really feel that my distance training from September to May puts me in good stead for my biking and swimming as well. It doesn't take as long to get into shape for either regimen. I definitely feel that the winter's road work carries over in a most beneficial way.

Do I bike or swim in the off season, you might be wondering? Yes, but I do not consider either to be in the "training mode". I swim Monday, Wednesday and Friday and all I do is swim 1,800-2,000 yards straight. No intervals and no workouts with the Master's group until March. I only want to keep a feel for the water and to keep loose

from all the running. As for biking, I ride inside on a trainer two days a week for 30 minutes, just spinning, bent over the Aero bars to keep my lower back loose. Real biking doesn't begin for me until April.

So, have fun during the winter. Train for a spring marathon, enjoy the benefits of putting the endurance work in the "bank" and get a head start on the new year ahead.

Bill Riley lives in Marstons Mills, Massachusetts and has won several National and World Championships as well as setting the World Record for the Ironman distance in his age group (10:33:39, 55-59). ■



cause of an absence of any negative publicity, most consumers are under the assumption that it is completely safe as a food additive.

However, the statistics regarding aspartame tell a much different story. According to the FDA, more than 75% of all non-drug complaints received are about aspartame. This translated into almost 7,000 cases of adverse reactions as of early 1994. The complaints include vomiting, nausea, abdominal pain and cramps, muscle cramps and spasms, mood changes, dizziness and headaches. These numbers may not seem high, but you must also consider that very few people who experience these side effects think to associate them with an artificial sweetener or take

the time to file an official complaint with the FDA. So, realistically, the above numbers could be multiplied exponentially to get a more accurate picture of how many people are being adversely affected by aspartame.

Another strike against aspartame is that it is 10% methanol (methyl alcohol). The poisoning effects of methanol, which can damage the optic nerve causing blurred vision and even blindness as well as other ailments, are cumulative. The more aspartame you eat, the more methanol builds up in your system. Additionally, the absorption of methanol is increased when aspartame is broken down, as is the case when it is heated or decomposes with age. Despite this

serious problem, the FDA has approved aspartame for baked goods.

Whether you have ever experienced any of the symptoms relating to artificial sweeteners or not, you will be better off avoiding them whenever possible. However, if you are accustomed to using them already, at least avoid aspartame in heated form, i.e. added to coffee or tea, in baked goods and such. You should also try not to consume large quantities of it in cold drinks. The best approach is to moderate your sugar intake as much as possible, using natural sweeteners like raw sugar, honey, rice syrup and date sugar to sweeten your food and drinks. ■



HEALTHY RECIPES

CHICKEN RICE SOUP

INGREDIENTS:

- 3 quarts (12 cups) water
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 bay leaves
- 2 cloves garlic
- 1 tablespoon dried basil leaves
- 1 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1 chicken breast, halved and skinned
- 1/3 cup white rice
- 1 1/2 cup zucchini (chopped) or summer squash
- 1/2 cup parsley

PREPARATION:

Combine first 9 ingredients in large sauce pan. Bring to a boil and simmer for 10 minutes. Add chicken breast and simmer, covered for 20 minutes. Remove breast and set aside to cool. Add rice and cook for 15 minutes. Shred chicken meat from bone. Add chicken meat, zucchini and parsley to soup. Bring to a rapid boil for 1 minute, then remove from heat. Serve, adding salt and pepper to suit your taste. Makes about 8 servings.

Nutritional Information Per Serving:

Calories	78
Protein	8 grams
Carbohydrates	9 grams
Fat6 grams

WARM BREAD SALAD

INGREDIENTS:

- 6 cups whole wheat bread, cut into 1 inch cubes
- 1 cup sliced purple onion
- 2/3 cup olives (Greek)
- 1/2 cup sundried tomatoes
- 1/4 cup capers (optional)
- 1 cup feta cheese, cut into 1/2 inch cubes
- 5 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons balsamic or red wine vinegar

PREPARATION:

Put all ingredients in a large bowl and mix gently. Sprinkle oil and vinegar on top and pour into a casserole dish. Bake at 350 degrees for 25 minutes, or in a microwave on medium for 5 minutes and serve. Makes 4 servings.

Nutritional Information Per Serving:

Calories	422
Protein	15.4 grams
Carbohydrates	45.8 gram
Fat	18.4 grams



NEWS FLASH

The biggest news of 1995 for Hansen & Frank, Inc. is the fact that Ned Overend and Mike Engleman will finally be going public with their use of the E-CAPS sports supplements. Mike and Ned will grace the cover of our 1995 brochures and we will be able to tell their stories to the whole cycling community.

Road racers will be told that Mike Engleman has used RACE CAPS and ENDURO CAPS continuously since 1987. We got Mike to try them on the Nevada City to Squaw Valley stage, one of the toughest stages of the Coors Classic that year. Whether it was a complete coincidence or not, Mike won that stage finishing several minutes ahead of second place. From that day on, there was no doubt in Mike's mind that E-CAPS were the supplements he would choose to help with the rigors of professional road racing.

Although Ned's first experience with E-CAPS was not as dramatic, he discovered RACE CAPS and ENDURO CAPS in the beginning of the 1989 season and has not stopped taking them since. Again, whether by coincidence or not, Ned won the NORBA National Championship that year as well as '90, '91, '92 and a World Championship in 1990. Ned will turn 40 this season and is still considered a contender at every race he enters.

As you might imagine, we are very excited to have these two exceptional athletes as spokesmen for the E-CAPS products.

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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 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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