

Canadian Hall of Famer Steve Bauer

Canadian Hall of Famer Steve Bauer Takes 2.49 seconds off his 8 lap Canadian Record Setting time from last year. PerformanceDrink made the difference! Amazing when you consider .10 of a second is significant. After setting the NEW Canadian Record setting time of Steve set up a protocol to validate his new Canadian record performance.

Protocol on stationary bike : Olympic Effort Test:

Ride for 4 minutes at 300 watts on 3 separate days using just water placebo and then use PerformanceDrink on the 4th day. After 10 minute repeat protocol!

Results; 40-55 second longer at 300 watts and repeated the protocol only with PerformanceDrink

Results:	Day1	Day 2	Day 3	Day 4 PD.	Difference
First attempt					
BGL start	104 d/L	99 d/L	101 d/L	100	1 d/L
BGL After 4minutes	81	79	78	117*	80 av 117 = 36 higher BGLw/PD
BGLr after 10 minutes	85	88	82	120*	85 average 120 = 35 " "
Oxygen before	98%	99%	98%	98%	no difference
Oxygen after event	80%	78%	81%	97%	79.7 average 97 = 17.3 higher (1 point less than his start)
Heart rate Before	60	60	60	60	none
HR after test.	180	180	180	159	21 bpm less at same wattage
start to finish effort	3:40	3:50	3:55	4:35	3:40 to 4:35= 55 seconds. 3:50 to 4:35 = 45: 3:55 to 4:35= 40.
Second attempt 10m	no	no	no	4: 20	second attempt almost same time
Bgl on second	no	no	no	115	80 to 120 normal
Oxygen after second	No	no	no	97%	full oxygen level
Third attempt.	no	no	no	no	legs were not strong enough BGL115 and Oxygen 97%

Perfect!

STEVE AGREED PERFORMANCEDRINK MADE THE DIFFERENCE!

Steve took 2.49 seconds off the National Record