

Legislative Update *Last Chance to Make a Stand*

As this issue of Endurance News goes to print, The Dietary Supplement Health and Education Act of 1993 (HR 1709, S. 783) is still locked in committee and as a result, has not been introduced onto the floor for a vote. As you might know, if neither of these bills is passed into law before the end of the year the FDA will be granted the power to arbitrarily reclassify vitamins, minerals, herbs, amino acids, and other natural supplements as unsafe food additives or drugs which would make most of them available only by prescription. If you have not already done so, call or write your Congressmen and Senators and insist that they co-sponsor and support The Dietary Supplement Health and Education Act of 1993 immediately!

According to Senator Orrin Hatch (R., Utah) "The Dietary Supplement Health and Education Act of 1993 will create a regulatory framework which allows consumers to continue using safe dietary supplements, and to have access to the information on how the supplements are to be used. It clarifies in the law that dietary supplements are to be regulated as foods. At the same time, S. 784 retains safeguards which give FDA the needed authority to take unsafe products off the market."

It does seem ironic that in a time when there is so much talk about out of control health care costs that the FDA is trying to deny Americans access to what an immense body of scientific research indicates to be a highly effective and inexpensive means of reducing our risk of costly and agonizing diseases and

(continued on page 8)

Resistance Training for the Endurance Athlete: Part 1 of 3

by Dan Miller

The purpose of this series of articles is to provide an in depth view of the methods of developing a resistance training program for the endurance athlete. The suggested workouts included in this article are equally applicable for triathletes, cyclists, runners, mtn. bike racers, XC skiers and all other endurance athletes. There are 5 phases to this resistance program which include transition, hypertrophy, strength, power, and maintenance. Part one will deal with the first two phases, transition and hypertrophy. Please note that I have included a glossary of terms to help familiarize you with the nomenclature of resistance training.

Endurance athletes invest the majority of their training time and energy in order to increase their aerobic and to a lesser degree, anaerobic limits. Which is as it should be, however rare is the endurance athlete who, through intelligent resistance training, possesses levels of strength & power equal to their endurance skills. A properly designed and executed off-season resistance program will provide significant benefits in the endurance sport of your choice. A well rounded maintenance program can also help you to reach a higher percentage of your full athletic potential, increase physical longevity, as well as allowing for the prevention of and quicker recovery from injuries.

The ability to excel in the sport of your choice is dependent upon a number of factors, among these are desire, physical & mental capacity to endure intense physical stress, access to ath-

letic facilities & equipment, informed instruction, a realistic goal with a specific plan to reach it, and a method to measure your progress. Assuming that you possess all or most of these attributes, we can then focus on an off-season resistance program designed to maximize your performance during your competitive season.

Since the goals of endurance athletes are quite different from strength athletes, the parameters of their programs differ. The following acronyms F.I.T. and V.I.P. provide an outline to work from.

FREQUENCY:

Ideally, resistance workouts outside of the competitive season should take place 2-3 times per week with at least 48 hours, but no more than 96 hours between workouts utilizing the same muscle groups. Adequate recovery is absolutely essential to prevent overtraining and ensure progress. I cannot over emphasize the importance of proper frequency with resistance training.

INTENSITY:

Whereas aerobic training intensity is based on anaerobic threshold or less accurately, a percentage of ones measured maximum heart rate, resistance training, on the other hand, is based on a percentage of the maximum amount of weight which can be lifted one time with proper form. Expressed as One Repetition Maximum, i.e. 75% 1RM or

(continued on page 4)

Season's Greetings

From E-CAPS and ENDURANCE NEWS!

Wait 'Til Next Year

by Michael Llerandi

The final finish line of the season is behind you. The last half-banana has been washed down with whatever exotic electrolyte-balanced energy drink they had on tap that day (Energy Surge, we hope!). It's time to sit back and reflect on the accomplishments of one more racing season gone by. As an endurance athlete, the types of questions going through your head range from those needing immediate attention (What do I do with all this gear?) to those focused on the longer term. In particular, now that the end of the calendar year is approaching and the holiday season is almost upon us, it's time to ask yourself, "What will I do differently next season?" The *SUPER Coach* Endurance Training System was developed to help you address this very question.

Most people involved in organized sports look to a coach for guidance, and understand the benefits of good coaching. Good coaching provides direction, evaluates performance constructively, and helps guide athletes toward achieving their goals. By leaving the creative work to the coach, athletes can channel their energies exclusively into their performances, and steady improvement becomes easier to accomplish.

This arrangement works well in organized programs. But what if you don't have access to a full-time coach? "Self-coached" athletes have to figure out how to address their training and racing needs on their own, in addition to spending time and energy on actual training. They often struggle through with only limited help gathered from magazine articles or books pertaining to the subject matter. Too often athletes with limited time available for training — especially in multiple sports — find it difficult to "just get out there and do something, anything." Without a cohe-

sive plan, performance gains level off and motivation levels decline.

My motivation for developing *SUPER Coach* was to reduce endurance athletes' dependence on outside help by guiding them through the process of becoming their own "SUPER" Coaches. By following the *SUPER Coach* training program, you will:

- Better understand why you choose to exercise and what progress you are committed to achieve;
- Learn about your body's systems for delivering energy, and how particular training sessions can help lead to more efficient metabolism and improved performance;
- Understand how the pulse rate is related to training intensity, and how it can be monitored and controlled in order to meet training session objectives;
- Be able to direct yourself confidently through a well thought-out session

plan that takes into account your goals and available training time;

- Balance training duration and intensity in order to establish a sense of purpose for each training session;

- Approach a full racing schedule with a greater sense

of confidence, knowing how to prepare properly for every race along the way;

- Effectively record data relevant to the process of improving performance; and
- Analyze training results to make thoughtful adjustments to your program.

To enhance the presentation of the material, the *SUPER Coach* contents are summarized by the acronym "SUPER". With the use of the *SUPER Coach* program, you will gain:

(continued on page 6)

ENDURANCE

by Michael W. Rives, Ph.D., D.S.F.

The Mountain Masochist 50 Mile Trail Run is a point-to-point course through the Blue Ridge mountains near Lynchburg, VA. The beauty of the mountains offer only momentary distractions from the difficulty of the terrain, which mainly consists of roots, rocks and holes, roughly disguised as trails and dirt roads, over a total altitude change of 14,300 feet.

I last experienced the Mountain Masochist in 1989 and completed the course in 9:39:14. That placed me 31st out of 107 starters. This year the results were somewhat different, and that leads me to write this article on endurance.

We have all endured. Certainly no single statement defining endurance could possibly encapsulate our experiences. I have found that endurance does have an end, or more precisely, a completion. Rarely, however, is it completed when we might prefer or imagine.

For example, those who grieve understand that the endurance of grief does not end as we reconcile the loss but rather is completed as we reinvest. Marriages are healed not as divisive behaviors end but as new patterns begin.

I have learned that the completion of endurance is the reward. Not having completed the "Masochist" within the 12-hour limit, I consequently failed to earn the trophy. But somehow that was acceptable. In fact, the greater reward was the completion of the course.

It seems as though the experience of endurance has a purpose. The movement from desiring the material reward of a trophy to accepting the intangible reward of finishing made me more than who I was at the start. The motivation of pride, conceit or concern for others' favor were cheaply spent over the rough miles. What lasted was that inner desire to become more. I believe that endurance is the action of becoming more.

That "enlightenment" helped me to choose to endure. Each of the 16 aid stations brought new opportunities to choose. The first six stations went by easily. The rest were more opportuni-

(continued on page 7)



HEALTHY RECIPES

POTATO LEEK SOUP

Fall is here and the cold weather is the perfect time for soup!

INGREDIENTS:

- 1 bunch leeks (3 or 4 good size ones)
- 1/2 cup finely chopped yellow onion
- 2 tablespoons canola oil
- 8 cups white potatoes, diced
- 5 cups water
- 3 teaspoons chicken bouillon
- 1 teaspoon salt
- 1 teaspoon dried dill (or 2 teaspoons fresh dill)
- Pepper to taste

PREPARATION:

Chop white part of leeks and discard the rest. In a large pot, sauté leeks and onion in canola oil until transparent. Add Potatoes, water, bouillon and salt. Cook until potatoes are tender. Blend 3/4 of the soup in a food processor or blender, and return to pot. Add dill and pepper. Stir well and serve.

Makes 2 quarts; about 5 1/2 servings

Nutritional information per serving:

Calories	270
Protein	5 grams
Carbohydrate	50 grams
Fat	3.75 grams

Note: This soup tends to thicken overnight, so some water and salt may need to be added when reheating.

GLAZED CURRY CHICKEN

INGREDIENTS:

- 2 skinless chicken breasts (free range or organic if possible)
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon curry powder
- 1/3 cup water
- 2 tablespoons apricot jam or any chutney

PREPARATION:

Preheat oven to 375 degrees. Wash chicken and place in baking dish. Sprinkle poultry seasoning & curry powder on chicken breasts. Add water to dish to keep chicken moist. Bake for 40 minutes. Remove baking dish from oven and glaze breasts with jam or chutney. Return to oven for 10-15 minutes.

Serve with salad, steamed vegetables, baked potato or brown rice (see EN#2 for brown rice recipe).

Serves 2, or 1 really hungry athlete.

Nutritional information per serving:

Calories	188
Protein	33 grams
Carbohydrate	4.5 grams
Fat	3.5 grams

POTATOES

Potatoes are a nutritious, carbohydrate-rich alternative to pasta. Considering how much pasta most of us eat, potatoes are a real refreshing change. So, here are a couple ideas to help you get into the potato thing:

*Scrub potatoes with a vegetable brush, poke a couple of holes in it, and bake in baking dish. Usually about 45-60 minutes in a 375 degree oven.

*Use non-fat yogurt instead of sour cream to avoid excess fat. (Contributed by Campbell Lloyd-Wallace)

*Try a salt-free seasoning like Veg-It, Mrs. Dash, or Dulse (Seaweed Flakes). Chives, herbs and fresh pepper are always popular, too.

*If you must have butter on your potatoes, use raw, unsalted butter (available at health food stores) instead of regular butter. This reduces the saturated fat content.

*Bake a few extra potatoes and keep them in the refrigerator for quick snacks. Grab one anytime and eat it cold with salt and pepper.

*An average russet potato provides 220 calories, 4.7 grams of protein, 51 grams of carbohydrates and .2 grams of fat.



FOOD ALLERGIES

Did you know that almost everyone is allergic to various foods? Eating foods which you are allergic to can cause minor or severe reactions. Even chronic conditions such as eczema can be controlled or cured by avoiding certain foods. The ironic part is that often the foods you crave or which are a regular part of your diet can be the same foods that cause an allergic reaction. Here is a list of the 3 most common foods people are allergic to:

1. refined sugar
2. dairy products
3. wheat

Eliminating foods from your diet that cause allergic reactions can improve your overall health and performance. If you think you have food allergies you can eliminate certain foods from your diet one at a time for a couple of weeks to see if the indications or symptoms subside. A much simpler but more expensive way of determining which foods you are allergic to is to see a food allergy specialist. The cost of a comprehensive test usually ranges from \$150 to \$500.

less often a percentage of a specific number of repetitions performed with proper form. i.e. 90% 15RM. As an example, during baseline testing Joe Racer is able to leg press 400lbs for 1RM and 300lbs for 15RM, so $90\%1RM=360lbs$. $90\%15RM=270lbs$.

TIME:

Refers to the amount of time spent performing each aspect of the workout. i.e.

Warm Up	5-10 min.	Large muscle groups with rhythmic motions. Examples: XC ski machine, jumping rope, stair climber, rowing etc.
Weights	40-60 min.	Actual resistance exercises
Warm down	5-10 min.	Stretching muscle groups that you just finished training

The V.I.P. acronym goes like this:

VOLUME:

Number of exercises	9-15
Number of sets per exercise	1-7
Number of repetitions per set	25-3

INTERVAL:

Rest time between sets	30-150 seconds
------------------------	----------------

Shorter interval time allowed between sets will increase the aerobic intensity of the session and reduce the amount of weight you are able to lift. So, when working with light weights and high reps, a shorter interval is possible, whereas higher weights and lower reps would usually require longer intervals. Transition and hypertrophy phases of this program should strive for shorter rest intervals of 30-60 seconds.

PERIODIZATION:

An organized method which divides long training cycles into 3-12 week phases to vary the workout type and intensity in coordination with competition in order to maximize progress & performance.

For the purpose of this article, we are concerned with 5 distinctly different training periods. These are the transition phase lasting 2-4 weeks, hypertrophy phase lasting 3-5 weeks, strength phase lasting 3-5 weeks, power phase lasting 3-5 weeks and maintenance phase lasting for length of competitive season (4-6 months). It should also be noted that during each phase you should start at the low end of the set range and increase as you progress through each phase.

See Phase I and II Charts and the 5 Phase Periodization Chart for Competitive Endurance Athletes on Page 5.

GLOSSARY OF TERMS:

Repetition: The number of times an exercise is performed. Usually referred to as reps.

Set: A group of reps performed with no rest in between. i.e. 3 sets of 5 reps.

Hypertrophy: enlargement of muscle fibers due to weight training.

Volume: Refers to the number of sets & reps. Not related to weight.

Specificity: Refers to the type of training. i.e. training for strength vs. endurance.

Muscular Strength: The force a muscle group can exert against resistance in one maximal effort.

Muscular Power: The ability to release muscular force in the shortest possible time.

Muscle Endurance: The ability of the muscle to continually raise and lower sub maximal work loads.

Periodization: The scheduled organization or the structure of the entire training process over a prolonged period of time, often 1 year.

Routine Variety: Refers to changing sets, reps and or exercises to prevent boredom, however set and rep pattern should stay consistent within current period or phase.

Off-Season: Active rest. Very little time spent in normal training environment like biking, running etc. Light, non specific training to stay in shape and ease transition into resistance training.

Pre-Season: More time spent in weight room doing specific weight training to target muscular power, strength, or endurance. Also specific endurance training.

In Season: Almost all training time spent training in specific sport, least amount of time spent in weight room to maintain strength only. ■

Dan Miller is a personal fitness trainer and A.C.S.M certified Health Fitness Instructor and Former Director of Fitness at The San Francisco Bay Club. He can be reached for personal consultations at (415) 921-5693.



PHASE I

Adaptation/Transition	2-4 Weeks	
Warm Up	5-10 minutes of stationary bike, XC ski machine, jumping rope, etc.	
EXERCISE	SET/# OF REPS	2ND AND 3RD SETS
Leg Press	1x15 @ 40% 1RM	1-2x11 @ 60% 1RM
Leg Curl	1x11 @ 40% 1RM	1-2x11 @ 60% 1RM
Leg Extensions	1x11 @ 40% 1RM	1-2x11 @ 60% 1RM
(Working range should be 110-170 degrees)		
Step Ups	1x30 reps each leg	
Chin Grip Front Pulldowns	1x15 @ 40% 1RM	1-2x11 @ 60% 1RM
Incline Barbell Press	1x15 @ 40% 1RM	1-2x11 @ 60% 1RM
One Arm Row	1x15 @ 40% 1RM	1x11 @ 60% 1RM
Seated Dumb Bell Press	1x11 @ 40% 1RM	1x11 @ 60% 1RM
Bench Dips	2x11	
Back Extension	1x11-15	1x11-15 (0 resistance)
Ab. Crunches	2-3x15-25	
Obliques	2-3x15-21 each side	
Stretches	5-10 minutes	

22 total sets

For at least the first 3 workouts, the minimum sets should be utilized. It is crucial that this phase feel easy to you.

PHASE II

Hypertrophy	3-5 weeks	
Warm Up	5-10 minutes same as phase I	
EXERCISE	SET/# OF REPS	2ND AND 3RD SETS
Leg Press	1x15 @ 50% 1RM	3x11 @ 70-75% 1RM
Step Ups	2x30 each leg	
Dead Lifts	1x15 @ 50% 1RM	3x11 @ 70% 1RM
Seated Leg Curls	1x11 @ 50% 1RM	3x11 @ 70% 1RM
Incline Dumbbell Press	1x11 @ 50% 1RM	3x11 @ 70% 1RM
Pull Ups	3x11	
Seated Dumbbell Press	3x11 @ 70% 1RM	
Seated Low Pulley Row	3x11 @ 70% 1RM	
Dips	2x11	
Back Extension	3x15 (5lbs. plate held to chest with crossed arms)	
Ab. Crunches	3x25-35	
Obliques	3x21-25 each side	
Stretches	5-10 minutes	

5 PHASE PERIODIZATION CHART FOR COMPETITIVE ENDURANCE ATHLETES

PHASE	PURPOSE	SETS/REPS	EXERCISES	INTENSITY	LENGTH
I					
Adaptation/Transition	Adjust to Strength Work	1-3/15-11	9-11 General	40-60% 1RM	2-4 weeks
II					
Hypertrophy	Build Muscle	3-5/11-7	11-15 Specific Muscle Groups	50-75% 1RM	3-5 weeks
III					
Strength	General	5-7/5-3 Strength	9-11 Combined Exercises	75-95% 1RM	3-5 weeks
III					
Power	Explosive	3-5/15-3	7-11	70-100% 1RM	3-5 weeks
V					
Maintenance	Maintain	1-2/15-7	7-11	60-80% 1RM	Duration of Competitive Season

Note: Routines for the first 4 phases are to be performed 2-3 times per week but the maintenance phase routine is to be done once every 5-7 days.

(Wait Til Next Year cont'd from page 2)

SELF-AWARENESS, establishing your own standards for personal success;

UNDERSTAND how your body functions during training and racing;

PLAN a comprehensive season-long training program;

EXECUTE training sessions with a strong sense of purpose, and

RECORD and analyze results to make thoughtful program adjustments.

Staying focused on each segment during your training will result in a balanced and coordinated approach, which will lead to better results!

THE FIRST RESULTS ARE IN: FOUR SUPER ATHLETES

SUPER Coach was introduced as a brand new concept for endurance athletes in early 1993. At first glance, it might seem like a blind leap of faith for a committed endurance athlete to trust the judgment of someone claiming to be a knowledgeable coach, and actually follow a training program that this person is promoting.

Of course, the first "subjects" to use **SUPER Coach** weren't complete strangers. Two were members of my local triathlon club and newcomers to the endurance world, and one was a good friend and long-time training buddy I met at Ironman years ago. And then there's my brother, Nate.

I want to introduce you to each of them individually, so that you can better understand how the **SUPER Coach** program is designed to help athletes at every level achieve their goals — whether that means surviving your first long season or excelling as a full-time professional.

NATE LLERANDI

For those of you who may not be completely up-to-date on "Who's Who" in the sport of triathlon, there's a new addition to the short list of names expected to consistently appear toward the top of race results across the coun-

try. And, whether you want to call it serendipity or believe that it happened by design, he happens to be a loyal student of, and contributor to, the **SUPER Coach** program.

Since the very beginning, when competing in our annual "hometown" triathlon was the high point of the summer, Nate and I have had the chance to train together, compare notes, and gain valuable insight from each other's experiences. **SUPER Coach** was the mechanism for bringing together the vast amount of knowledge and experi-



ence we have gained in triathlon training over the past 10 years. After watching Nate's meteoric rise in the past two years — especially his shocking upset of Spencer Smith, Mike Pigg, and Greg Welch in the 1993 Chicago Sun Times Triathlon — it's obvious we've arrived at something big.

It would be easy (and accurate) to say that Nate has been following the principles of the **SUPER Coach** program for several years. It's actually more correct to say that Nate's entire approach to training is the essence of **SUPER Coach**. This system was developed to articulate how he and I plan, execute, and record our training regimens, and to provide a step-by-step approach for others to develop as their own self-guided endurance athletes. Nate's input has been invaluable to the system's development; we'll continue to draw from his extensive training and racing experiences as we expound upon the **SUPER Coach** material in the future.

KEN SHELTON

Ken's story is an incredible tale of someone who went from rock bottom physical condition to a level of ability that enabled him to complete the ultimate endurance multi-sport experience: The Hawaiian Ironman. Equally impressive is the fact that this was accomplished in an unbelievably short period of time.

As early as two years ago, Ken's frame was supporting an additional 70 pounds, and his hard-driving lifestyle as a salesman had contributed to a heart attack in early 1992. Later that year, vacation plans (and a little fate) brought Ken and his wife to the Big Island (original plans for a vacation in Kauai were diverted when hurricane Iniki struck). Their October visit coincided with the 1992 Ironman, and they found themselves volunteering at an aid station on the Queen K on race day. This direct exposure to the Ironman experience left Ken even more determined to turn his life around dramatically. He was going to do the Ironman — the sooner the better.

After beginning an endurance training program on his own, Ken wasn't quite sure if he was training hard enough, long enough — or too much. Once his application was accepted to the 1993 Ironman through the April lottery, he decided it was time to elicit some help. He began the **SUPER Coach** training program exactly 26 weeks — six short months — before the Ironman Saturday.

Suffice it to say that Ken did what it took to get prepared for his big day, and wound up finishing strong and proud in the final sprint down Alii Drive. No story I could relate here would do justice to Ken's accomplishment. Another Ironman has been crowned, and he's currently looking for more!

CINDY MCCAFFREY

As a relative newcomer to the triathlon world, Cindy didn't have any heavy expectations — or preconceived limitations — regarding multi-sport endurance training. With this "clean slate" and an incredibly strong desire to focus on her new pursuit, Cindy was a perfect candidate to try **SUPER Coach**.

Following the **SUPER Coach** program, Cindy's progression throughout the 1993 racing season was consistent

(continued on page 7)



(Wait 'Til Next Year cont'd from page 6)

and impressive. Race highlights included placing at or near the top of her 35-39 age group at both local and regional triathlons along the East Coast. There wasn't a race to be found that Cindy wouldn't try: Masters's swim meets, road races ranging from 5K to the New York City Marathon, and Ironman Qualifiers (Bay State and Wilkes-Barre triathlons). With her first full season of endurance training behind her, Cindy's current focus is on an ultra-distance triathlon in 1994. Will

it be World's Toughest: Ironman Canada? Or maybe she'll be joining Ken on the Big Island next October.

With *SUPER Coach* guiding the way, Cindy will be able to focus on these goals early and establish a program to maximize her continued improvement.

KIRK CORSELLO

Kirk's experience with *SUPER Coach* demonstrates how the program can be adapted to unpredictable and diverse lifestyles. As sole owner of a small business in central Maryland, Kirk is generally able to mold his work schedule around his training needs — at least to some extent. There are times when "duty calls," when he has to drop everything else and take care of an immediate business need. However, when time suddenly becomes available during a business day, he has to be able to take advantage of the opportunity and train efficiently and effectively. More than most people, Kirk's unconventional

schedule benefits dramatically from the *SUPER Coach* program's flexible approach to organizing training time.

Before each training week, Kirk prepares a program outline that reflects how much time he needs to spend training with each sport. He uses the program guidelines to balance the intensity of his training with the time spent swimming,

cycling, and running. When there's time for a training session, Kirk can confidently train at a given intensity for a given period of time, and know that he

is working efficiently toward achieving his training and racing goals.

Kirk's accomplishments in 1993 included four consecutive first place finishes at smaller regional triathlons, each establishing a new course record. For 1994, the two-time *Triathlon Today!* All American plans to prepare for the Triathlon World Championships at the Olympic distance, to be held in New Zealand next November. He'll be applying the *SUPER Coach* principles every step of the way, and hopes to see you there too!

Time to "Get Into It" Again

Now's the time for you to start making your training and racing plans for the 1994 season. If you want to take a look at the *SUPER Coach* Endurance Training System that helped these four have a spectacular '93, call Brian at 1-800-336-1977 and order your copy on a no risk, money-back guarantee.

Best wishes for a SUPER Season! ■

(Endurance cont'd from page 2)

ties to quit. It seemed that with each succeeding "yes, go on" my resolve would quicken.

I discovered that there are rules to endurance. The first is: endurance comes through discipline. In the case of running there is the discipline of training. My high school track coach often said that "being in shape was becoming accustomed to pain." I would prefer to never get accustomed to any pain but rather better learn to say "yes" to what makes me more of what I desire to be. That "yes" often requires enormous discipline. Discipline can be exclusive or inclusive. We choose. What I mean is, that the same discipline that says "yes" to getting out of bed at 5 A.M. for a long run can also/or not be used to say "yes" to a marriage commitment or to other values.

Endurance is something that can be learned, practiced and improved. As with all things learned and practiced it takes time. It is best to have practiced/trained before the race. This applies to other human events, also.

What I have enjoyed learning the most is that enduring is done through the encouragement of others. More than ever before I enjoyed the encouragement of my crew, the race volunteers and fellow runners. On one occasion as I labored on a seemingly endless hill a passing runner encouraged me by saying, "It can't all be uphill!" Miles later I said those very words to someone else. In the hearing and speaking I was encouraged.

Perhaps these thoughts may bring you hope as you practice endurance. Perhaps you, too, may complete the race and become more than you were at the start.

Footnote:

Throughout the Mountain Masochist 50 miler I drank Energy Surge. It was always refreshing, never bad or flat tasting and gave me no stomach problems. I believe that the combination of protein and carbohydrates helped me to maintain the energy necessary to compete for such a lengthy period. ■

Rev. Fr. M. Rivest, Ph.D., D.S.T., President, St. Matthew's Institute for Healing and Intentional Growth, Rector, St. Michael's chapel, both in Winston-Salem, N.C.

Happy Holidays!



(Legislative Update cont'd from page 1)
ailments. From reducing our risk of heart disease and cancer to curing the common cold, vitamins and other nutrients have demonstrated their worth both inside the laboratory and outside as well. But never the less, the FDA is determined to make these products as difficult as possible to attain.

So far, only 170 Congressmen and 60 Senators have signed on as co-sponsors of this legislation, which means that the majority of Representatives and Senators have taken no action to stop the FDA from denying you access to natural foods and dietary supplements in the name of consumer protection. If your representative is one of the hundreds who are not supporting this legislation, you should demand that they do so to protect your right to choose vitamins and food supplements to maintain your good health.

Here is what to do: Write to Congress and make your opinion count.

Senator* (your senator's name)

U.S. Senate

Washington, D.C. 20510

Ask your senators to cosponsor S. 784, The Dietary Supplement & Education Act of 1993.

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

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

Representative*

(your representative's name)

U.S. House of Representatives

Washington, D.C. 20515

Ask your representative to cosponsor HR 1709.

* To find the name or to directly contact your local congressman and senators, call the Capitol Switchboard at (202) 225-3121.

Don't wait even one more day, this may be your last chance to make a difference on this issue. ■

8

ENDURANCE NEWS

3333 Vincent Road, #203

Pleasant Hill, CA 94523

(510) 938-1977

Bulk Rate
U.S. Postage
PAID
Concord, CA
Permit No. 316

IN THIS ISSUE:

- **Legislative Update**
- **Resistance Training for the Endurance Athlete: Part 1 of 3**
- **Wait 'Til Next Year: 4 SUPER Athletes**
- **Endurance, A Runner's Perspective**
- **Healthy Recipes: Potato Leek Soup & Glazed Curry Chicken**
- **EN Mission Statement**