

GO THE EXTRA MILE

ENDURANCE FUEL™

The Ultimate Pre,
During and
Post-Race Formula

Like a series of fueling stations placed along your route, **TwinLab's ENDURANCE FUEL** helps runners go the extra mile without breaking stride. This serious, multi-stage powdered beverage anticipates a runner's nutritional needs before, during and after demanding runs.

STAGE 1: Pre-Run Defense Complex

Delivers vitamins A, C and E to help prevent oxidation and protect athletes from free radicals generated during exercise.*

STAGE 2: Endurance Blend

Sodium and Potassium replenish lost electrolytes, while Beta-Alanine (the endurance "super nutrient") and gradual-release carb complex provide sustained energy.

STAGE 3: Post Run Recovery Matrix

Unique 4:1 carb-to-protein ratio prepares muscles for a speedy recovery post run, while timed-released protein fuels runners both during and after a workout.*

Experience the power of timed-released energy, specifically formulated to keep endurance runners going strong, before during and after your run with **ENDURANCE FUEL**.

Let **ENDURANCE FUEL** and **Runner's World** fuel the

RACE OF YOUR DREAMS!

Enter the **ENDURANCE FUEL SWEEPSTAKES** to win the ultimate race and training package:

- ◆ An all expense paid trip to any US race
- ◆ Personal Training package by Runner's World's own Chief Running Officer, Bart Yasso!
- ◆ Head to toe apparel to gear up for the race in style

Visit www.runnersworld.com/twinlab to enter today!

