



## How to save money while training and racing

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During these harsh economic times endurance athletes are forced to find other alternatives to fuel their bodies from the traditional Powerbar, GU, Hammer, and other commonly used products. We all know that muscle glycogen is an important fuel source during most rides, whether easy or more intense and depending on your training intensity. Muscle glycogen can become significantly depleted in 75 to 90 minutes.

As athletes train and race in these tough economic times it is hard to use the common products used by pro riders. What if I told you instead of spending 1 to 2 dollars on a single gel or a bag of shot blocks you could purchase a box of General Mills fruit snacks or a bag of Fig Newtons. You probably would think that this is a joke and I must be going crazy. Or you might say I spent too much time on the bike out in the sun and now I am becoming delirious. A great source to fuel your body for training and racing is cheaper than you think. If you would like to save a buck, which everyone wants to do these days, then you can follow these simple steps. The common products that can help you are:

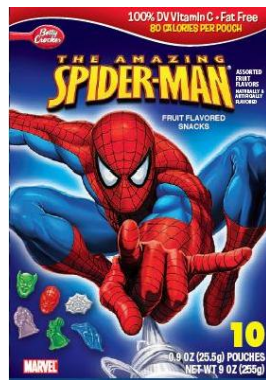
Fig Newton's – a box of Fig Newton's with 15 servings (1 to 2 dollars)

Nutrition Facts	
Serving Size 31g	
Servings per Container about 15	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 125mg	5 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1g	4 %
Sugars 12g	
Protein 1g	
Vitamin A 0 %	Calcium 2 %



General Mills Fruit Snacks- box contains 10 servings (contain 21-25 grams of carbohydrates)

Nutrition Facts	
Serving Size 1 pouch (25g)	
Servings Per Container 10	
Amount Per Serving	
Calories 80	
Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 21g	7%
Sugars 14g	
Protein 0g	
Vitamin C	100%



There is no difference from a GU, Powerbar, or Hammer products compared to these products. Would you rather spend 2 dollars on one gel or 2 dollars on a bag of Fig Newton's or a box of Spider-Man fruit snacks? If you are not a sponsored rider and want to save money then try these useful tips and enjoy

them. If you would like more information on how to maintain energy see our Optimal Nutritional Software at (<http://kineticloop.org/product.htm>) . If this article has made an impact on you please let us know.