

adventure sports

® MULTI-SPORT RACING AND BEYOND™

spring into action

- ▶▶ PLAN YOUR SEASON
- ▶▶ SCORE NEW GEAR
- ▶▶ TRAIN LIKE A PRO

exclusive!

Q&A WITH
MARK BURNETT



ARDJE OLSON LEADS TEAM MIGHTY DOG TO VICTORY AT THE FLORIDA SWAMP STOMP. SEE PAGE 78.



BOOT CAMP

Can you survive it?

PAGE 44

HOT WHEELS

7 tricked-out mountain bikes

PAGE 62

\$4.95 US | \$6.95 CANADA | APRIL 2005





New Sun FRS Plus A blend of green tea extract, a variety of vitamins, caffeine and quercetin (an antioxidant found in apples, onions and red grapes), this drink concentrate is touted as being able to boost energy and mental acuity while also neutralizing free radicals that cause cellular damage. (FRS stands for Free Radical Scavenger.) If you can stomach the chalky-orange flavor, you'll get a long-lasting energy boost without the jitters.

\$22.95 (32-OUNCE BOTTLE; 16 SERVINGS); WWW.FRSPLUS.COM

■ 20 CALORIES (0 CALORIES FROM FAT) ■ 0G PROTEIN
■ 5G CARBOHYDRATES (3G SUGARS)



Gear up with Good Grub



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be Protein Bars These dense and satisfying all-natural baked treats deliver heart-healthy protein from whey and soy, and each bar has 24 vitamins and minerals. High in sodium,

\$1.29 (2-OUNCE BAR); WWW.THINKFEELBE.COM

■ 150 (20) ■ 13G ■ 22G (18G)



Just the Cheese These crunchy baked natural cheese snacks will pack a load of calcium, sodium and protein into your trail diet, but not much energy from carbohydrates (1g per serving). Each cheese crisp contains baked Wisconsin cheese and seasonings.

\$3.49 (2-OUNCE PACKAGE); WWW.SPECIALCHEESE.COM

■ 75 (60) CALORIES ■ 5G ■ 1G (0G)



Hammer HEED Instead of relying on just sodium and potassium to satisfy electrolyte needs, the more complete profile in this High Energy Electrolyte Drink (HEED) improves electrolyte replacement and, as a result, muscle function as well. The new mandarin flavor is subtle and inoffensive, and the mix blends smoothly in water.

\$2.99 (4 SERVINGS), \$14.95 (32 SERVINGS); WWW.E-CAPS.COM

■ 100 (0) CALORIES ■ 0G ■ 25G (2G)



Enduroshot It's literally a (large) shot — 2.2 ounces of immediate energy boost. Although the thin liquid has a very sweet taste, Enduroshot claims to provide three to four hours of energy without raising glycemic levels. Its key ingredients are electrolytes (sodium, potassium, magnesium, chloride) and complex B vitamins; it also includes caffeine, taurine and sucralose.

\$2.19 (2.2-OUNCE BOTTLE); WWW.ENDUROSHOT.COM

■ 0 CALORIES ■ 0G ■ 0G



Crank Sports eFuel The cure for pre-ride, powdered-drink mess is here. The mildly sweet, complex carbohydrate concentrate solution contains maltodextrin, glucose and fructose, as well as amino acids, antioxidants and a good dose of vitamin B6. Tastes good, goes down easy.

\$1.99 (2.48-OUNCE PACKET); WWW.CRANKSPORTS.COM

■ 70 (0) CALORIES ■ 0G ■ 18G (6G)



Paley Bar These nutty bars are not for the weak of spirit (nor for over-sensitive taste buds). Chef Vitaly Paley has created some unique trail recipes using only all-natural and organic ingredients. Flavors include Liquid Sunshine (dark chocolate, ginger, espresso), Paley's Comet (soy nuts, raisins), Jam'n Peanuts (peanut butter & jelly).

\$2.00 (2-OUNCE BAR); WWW.PALEYBAR.COM

■ 230 (90) CALORIES ■ 3G ■ 36G (9G) (LIQUID SUNSHINE FLAVOR)