



Metro **Sports** *New York*

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We're Free
AUGUST 2005

Spend your money
on sports

CYCLE CITY

*Riders rule the streets at New York's
Five Boro Bike Tour: Here's how we'd
like to see the city transformed
into an athlete's paradise*

Century Season

*These local cycling tours
will get you spinning*

The Iron Family

*Triathlon is a group affair
for this Brooklyn trio*

Playing the Frame Game

*Which bike frame is
the right one for you?*

• The total amount spent on women's sports apparel in 2004 increased by 11 percent to \$17.4 billion, according to SGMA International.

Run a Mile, Win a Car

The new Car-a-Mile Marathon

Show Her the Money

Women's champ will take bigger purse

Liquid Energy: FRS Plus Antioxidant Drink

Free radicals sound a little like something you'd find on a Saturday night in the Lower East Side or perhaps wandering around Madison Square Garden during the Republican National Convention last summer. But nutrition nuts know that free radicals are actually unhealthy molecules that are the byproduct of exercise, moving through our bodies and damaging healthy cells. Thus, many people

GEAR have heard about the health benefits of consuming antioxidants, which neutralize the effect of free radicals. A sports drink called FRS Plus is the newest addition to the antioxidant health-drink market. The FRS stands for Free Radical Scavenger, and the product comes in 32-ounce concentrated bottles (regular or low-carb). If there is such a thing as a "healthy" taste, FRS has it. One serving of FRS contains the same flavonoid antioxidant power as five servings of blueberries, 12 servings of red onions and 17 servings of red wine, but thankfully it tastes much better than those products combined. \$20.

www.frsplus.com



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When they say anyone can win, they mean anyone.

Car-a-Mile coordinators also plan to keep the course open for the last runner and keep all support on the course. "If the last runner comes in at eight hours, we'll have it open at eight hours," says coordinator Mark Zamek. "We'll also have extra water and support to help the runners still on the course."

The race caters to the average runner, but the atmosphere promises to be far from average, with bands at the post-race party and rides and activities for kids. And the location, just 45 minutes from New York City, makes the travel easy for New York-area runners. If you're taking a train or bus to the start, you just may want to buy a one-way ticket. After all, you could be driving home. See www.caramilemarathon.com.
— Nicole Adamson