

SECRET TO FAST RECOVERY: ICE BATHS

The Runner's Best Resource

SEPTEMBER 2006

# RUNNING

T I M E S



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## Nutrition

Detaining Free Radicals

—Sally Young

The most active antioxidant is quercetin, which is found in tea, red wine, rinds and bark, but can also be produced synthetically. Quercetin appears to counteract the immunosuppression and oxidative stress of exercise so effectively that the Department of Defense has funded the 2006 Western States Endurance Run with \$1.1 million to research its effect in “extreme exercise and physiological stress.”

Quercetin is absorbed and bound to plasma proteins with a half-life of 12 to 19 hours, making daily intake most effective. There is no daily value established. Side effects of nausea, headache and tingling of the extremities were reported with supplements of 1,000 mg/day for one month.

“FRS Plus” is one notable high-antioxidant, free-radical-scavenger drink. In a recent double-blind placebo-controlled study conducted at Pepperdine University, researchers found FRS Plus increased the time-trial performance of endurance cyclists by 3.1 percent in a 30K simulated mountainous test. The athletes actually improved as time elapsed, with FRS Plus having a “flash to bang” time of 20 to 30 minutes. They also reported reduced muscle soreness and enhanced recovery. (For a free sample, visit [FRSplus.com](http://FRSplus.com))