

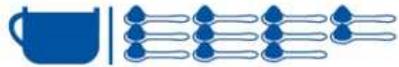
PROTECTING THE DISTANCE RIDER

During the recent Fauresmith 2007 event, an attempt was made to evaluate the use of specialised human supplements that may contribute to a better state of well being for the rider during an endurance racing event. Stride Distributors obtained 3 different products which were provided as samples to 3 of the provincial teams competing in the event. They included a rapid and easy to prepare breakfast porridge, an electrolyte and energy drink and energy bars. Comments that were received after the ride varied, but the one team where we received the best feedback was from the Northern Cape Heavyweight Team. This team was captained by Dr Louw Cronje who is very proud that his team managed to win the competition of the different union heavyweight teams. They were also the only heavyweight team to complete the ride with sufficient numbers to qualify.

However what is considered more impressive is that the NC team time results (when recalculated based on the regression formula and as advised by Greg Miles that recalculated their time for the race) was better than the ERASA team. In addition Northern Cape is particularly proud to have 2 of their members selected for the ERASA Heavyweight Team for Walvis - with one extra being a reserve.

X-STREME RIDER INSTANT MEAL

DIRECTIONS FOR USE

CHILDREN	ADULTS
 MEALIE MEAL MIX 50g / 1/2 cup / 5 1/2 tbs +  100 ml / 1/2 - 3/4 cup	 MEALIE MEAL MIX 100g / 1 cup / 11 tbs +  WATER 150 ml - 200 ml / 3/4 - 1 cup
Mix 50g (1/2 cup or 5 1/2 heaped tablespoons) of porridge with 100ml (1/2 - 3/4 cup) hot or cold, clean water/milk. Stir well.	Mix 100g (1 cup or 11 heaped tablespoons) of porridge with 150 ml - 200 ml (3/4 - 1 cup) hot or cold, clean water/milk. Stir well. (More or less water can be used, according to taste)

NOTE:
 AMOUNT OF WATER DOES NOT INFLUENCE THE NUTRIENT VALUES
 ADAPT INTAKE ACCORDING TO INDIVIDUAL REQUIREMENTS

Observations that were coordinated by Dr Louw Cronje from his team are that:

- a. The consumption of the instant porridge resulted in the rider feeling full, but not overly full. In addition, as the day progressed, the individual remained in a non-hungry state and yet did not have an uncomfortable volume of food in his digestive tract.
- b. Those that consumed the electrolyte energy drink felt that this maintained their energy levels such that even after the race, instead of being very tired at the end of each day, there was sufficient energy to still enjoy an evening with friends (which is so important at Fauresmith).
- c. The energy bars were particularly enjoyed by the younger generation who even consumed those that were meant to be for the participants in the Heavyweight division. Thus fathers lost out on the energy bars.
- d. A particular observation was that - usually by the end of the second leg of the ride at Fauresmith, the rider is starting to feel hungry, which was not the case with the individuals that had consumed the cereal, energy/electrolyte drink and/or the energy bars. By comparison where individuals would normally have consumed sandwiches or something similar which are not that easy to digest, the consumption of the Stride samples proved easy on the digestive system, without any side effects, and yet the riders never felt uncomfortable.

On behalf of Stride Distributors, we would like to extend a sincere thanks to those that were willing to co-operate in this evaluation and to provide us this feedback. A specific question that was posed to participants was – did they believe they would be willing to pay for these products – in order to improve their achievements in endurance racing. We believe the answer is a decided YES. On this basis Stride is very happy to advise endurance riders that X-Streme Rider Instant Meal is available from the company with immediate effect. A particular word of thanks to Dr Louw Cronje for his co-operation and feedback.

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