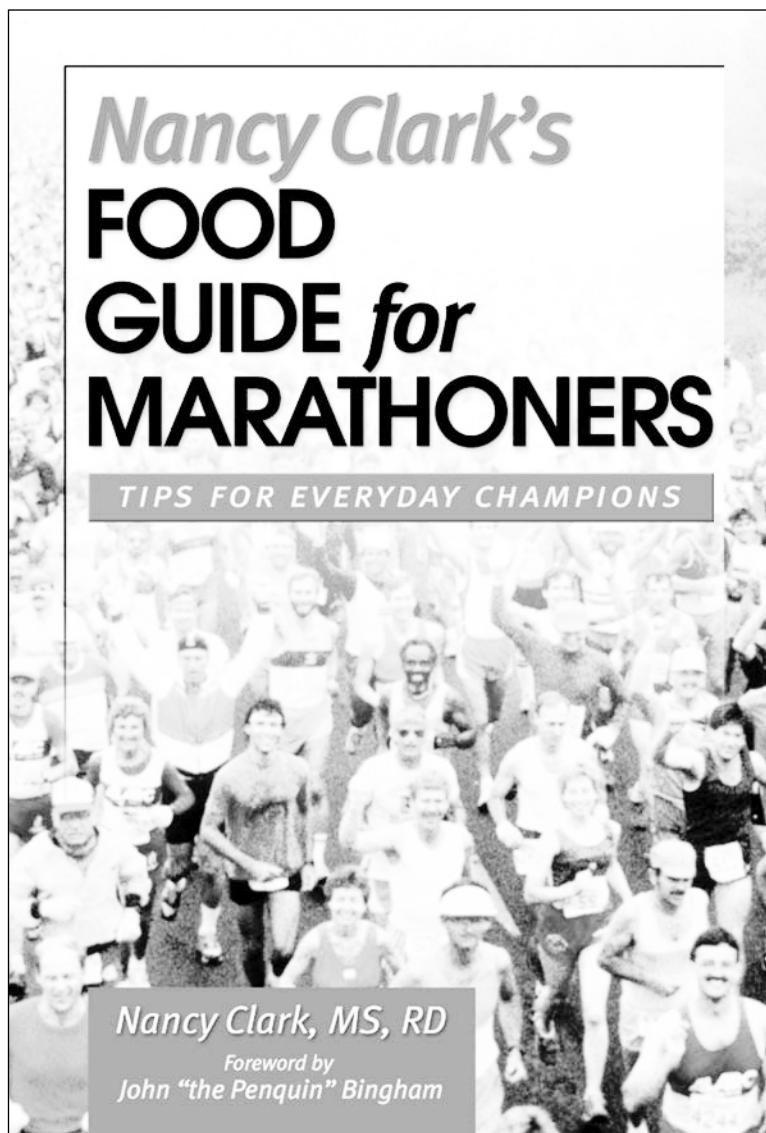




Stop worrying about running out of energy! **Nancy Clark's Food Guide for Marathoners: Tips for Everyday Champions** is an excellent nutrition guide for walkers and runners who want help fueling themselves for both a 26.2 mile marathon as well as this marathon called life. This quick read is filled with "how to" tips about

- What to eat before, during and after a marathon
- How to lose weight and have energy to train.
- How to manage your day-to-day eating--even if you eat on the run.



Nancy Clark's Food Guide for Marathoners is a book about how to eat easily but well, be successful with food, and fuel yourself optimally for the long run. It offers hundreds of practical tips to add power to your performance at work and during exercise.

Nancy Clark's Food Guide for Marathoners is a valuable addition to your sports and health libraries —

- A *nutrition guidebook* with chapters to help you with day-to-day eating for high energy.
- A *sports nutrition resource* with chapters about how to fuel for strength and stamina.
- A *food book* filled with easy ideas for breakfasts, lunches, snacks and dinners.
- A *source of inspiration* to help you enjoy the challenge of marathoning.

To get your copy: Go to www.nancyclarkrd.com; fax this form to 617-795-1876; phone 617-795-0823; email sportsnutrition@rcn.com; or send \$14.95 + \$5 shipping to *Sports Nutrition Materials*, 830 Boylston St., Room 205, Brookline, MA 02467. (Mass. residents add 5% sales tax.)

Name: _____ Phone: _____

Organization: _____ Email: _____

Street/City/State/Zip: _____

Credit Card: _____ Exp. date _____