

What Are People Saying About *Endurance Sports Nutrition*?

"Suzanne Girard Eberle's book *Endurance Sports Nutrition* is the most comprehensive book I've read on the topic of nutrition for endurance athletes. It is filled with scientific research as well as practical, everyday tips. Everyone from the weekend warrior to the elite endurance athlete could benefit from reading this book. I only wish it had been written before I started running ultramarathons. Unfortunately, I had to learn many of the lessons in this book through trial and error."

- Ann Trason, world record holder in the 40, 50, and 100 mile; 100 km; and 12-hour runs; ten-time women's winner of Western States 100 mile Endurance Run

"Finally, a comprehensive yet easy-to-understand guide, written by an athlete for athletes. *Endurance Sports Nutrition* takes the mystery and guesswork out of fueling the ultimate machine - the human body."

- Keith Brantly, seven-time USATF national road-racing champion

"Suzanne Girard Eberle's *Endurance Sports Nutrition*--The best book around for the competitive athlete."

- Two-time US Olympic marathoner Pete Pfitzinger's Christmas wish, *Running Times*, December 2002

"There is a plethora of "Eat To Get fast Quick" type books out there, but a sports nutrition book that focuses on sound research and the real, long-term health needs of athletes is one that should be on the top of the stack."

- Jeff Hollobaugh, ESPN.com, January 2002

"This gem of a book puts the often-confusing science of endurance into easy-to-understand terms. Topics such as VO2 max and the how and why of glycogen depletion are made digestible for sweat hounds everywhere."

- Men's Fitness, December 2001

"The latest sports nutrition information, as well as sports-specific tips on eating for success when the going is rough and long."

- SWIMMER, Nov/Dec 2000

"If you frequently ponder nutrition questions about triathlon or any other endurance sport, this book is your nutriment grail."

- Triathlete, November 2000

"Eberle answers questions we actually ask, placing her book high among our training guides."

- Running Times, October 2000