

to the ISSN, which says endurance athletes like runners need 1.0 to 1.6 grams per kilogram a day (or .45 to .72 grams per pound). That translates into 75 to 120 grams of protein daily for a 165-pound runner. Don't worry about "overdosing" on protein. While some reports claim that high-protein intake is linked with kidney problems and calcium loss, the ISSN says it's not a concern for healthy athletes.

Lean meats and other animal products, like eggs, milk, and whey (a by-product of milk), pack a lot of protein. Four ounces of chicken breast, for example, contain about 32 grams of protein. The fat in food interferes with the rate of protein absorption, so limit your intake of high-fat foods, such as rib eye or prime rib. Vegetable-based sources, such

as beans, lentils, nuts, seeds, and soy, aren't as protein-dense—a half cup of black beans, for example, has about eight grams—and they fall short on all nine essential amino acids, the chemical building blocks of protein (the exception is soy). Runners who avoid animal products can make up for this deficit by eating a variety of the most protein-rich vegetables and grains, such as soybeans, oats, and quinoa. "Not all the protein in a food is easily absorbed by your body," says Kalman. "But you'll probably get enough as long as you eat a lot of different kinds of food."



So before you get in line for another serving of spaghetti, take a hard look at your plate. Chances are you should add some grilled chicken.

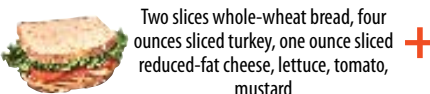

A POWERFUL DAY





A 165-pound runner needs between 75 and 120 grams of protein daily. Spread intake throughout the day, eating some at each meal, to ensure your body has a steady supply.

7 a.m.  +  +  +  = **25 grams**

10 a.m.  +  = **8 grams**

11 a.m. (prerun)  + **12 p.m. (postrun)**  = **8 grams**

1 p.m.  +  = **40 grams**

6 p.m.  +  +  +  = **33 grams**

PROTEIN TOTAL = 114 grams

JAG Foundation at the Cape Epic

The JAG Sports and Education Foundation debuted at the ABSA Cape Epic – the world's toughest Mountain Bike race – this year.

They were represented by the SONGO.info team: MTB World Champion, Christoph Sauser, and SA MTB Champ, Burry Stander. The SONGO.info team took part to raise funds to build a BMX track in Kayamandi outside Stellenbosch.

The BMX track will provide a safe, fun environment for children to learn to cycle, play and hopefully foster a few cycling champions of the future. Ultimately the track will become a safe haven for the local children and a real alternative to the drugs and gangsterism that are rife in the community.

JAG will constantly keep the track and the BMX bikes maintained to ensure the SONGO.info project is a success for years to come.

The SONGO.info team's fund raising efforts were a huge success. The JAG team plans to commence construction of the track this year.

Christoph Sauser with children running 1km leg of the Cape Epic in Lourensford



At every stage of the ABSA Cape Epic children from local communities took part in the JAG Mighty Metres 1km run. ADIDAS sponsored daily prizes for the top three runners.

JAG's Mighty Metres incentivizes young children to run, teaching them the benefits of fitness and a healthy lifestyle with the aim of instilling self confidence through sport.

Robbie Fleck, Executive Director of the JAG Foundation, at the stage prize giving with participants of 1km run.

