



14th August 2009

Dear Runners,

THE NORTH FACE 100 RACE: AUGUST NEWSLETTER

The North Face 100 Race Roadshow is on at Suntec Next week

Come down to Suntec City Mall Galleria from 17th -23rd August (11am – 8pm) to enjoy special promotions from our partners and sponsors

- Physiotherapists from the **Singapore Sports Medicine Centre** will be on-site for consultation during the roadshow. If you have a nagging pain and want to know what could be causing it, and how you can manage it, book an appointment now by calling 6737 1000.
- *Please quote "The North Face 100 Race" to book your consultation*
Physiotherapy time slots: Mon to Fri: 12pm - 2pm & 6pm - 8pm;
(15 min / session) Sat: 12pm - 4pm
Sun: 12pm - 4pm

Consultation fee: \$10/session

- 10% off **Men's Health / Shape magazine** subscriptions and redeem fabulous gifts!
- 30% off **The North Face Products** and 15% off **Buff, ID Band, Optic Nerve** and other products



2nd Progressive Run

The second progressive run will take place on the 29th August. Runners should meet at 8am at Rifles Range Car Park. This is a 20km run but there will be an option for runners to turn back and do a shorter 10km route if they are unable to do the full run.

There will be water stations at the start, end and 10km mid-point station. Runners are however advised to carry their own hydration belt / bag as part of the training.

Registration for the run should be done on-line @ www.thenorthface100.com.sg.

Cost: \$8 for registered TNF100 athletes / \$12 for guests

(The first 100 registered and paid runners will be entitled to a TNF100 car decal and other goodies.)



(Turn left from Dunern Road into Rifle Range road just before Sime Darby Center, go down Rifle Range Road until you see lamp post 46. There will be a car park on your left in front of the Nangka Trail / Durian Loop. Please note that if you are driving from town, you will need to make a u-turn to come down Dunern Road. Those of you who will be driving, please offer a ride to the runners you see walking in. Thanks.)

Performance Tip

Extract reprinted from Run For Your Life! The Complete Guide to Endurance Running by Dr Ben Tan, with permission from Marshall Cavendish Editions. This book will be available at major bookstores in late October 2009. Dr Ben Tan is Head & Senior Consultant at the Changi Sports Medicine Centre, Changi General Hospital and Medical Director, Singapore Sports Medicine Centre.

Carbohydrates

Regular training and increasing your mileage helps to enhance the carbohydrate stores by about 10 %. The increase is especially marked in untrained runners, since they are starting from a low baseline. But to tolerate the high training mileages, we need to have enough carbohydrates during training. Your daily carbohydrate requirement is based on your training load e.g. intensity, duration, and frequency:

Moderated to low intensity exercise:	5-7g Carbohydrate per kg BW (<i>body weight</i>)
Moderate to high endurance exercise:	7 to 10g Carbohydrate per kg BW
Extreme exercise that last more than 4 hours per session:	10 to 12g Carbohydrate per kg BW
0-4 hour immediate after exercise:	1g per kg BW per hour, at frequent intervals

It is important to have sufficient carbohydrate before, during and after training to maximize the performance.

From,
The North Face 100 team

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