

"There are limits to what the human body can do. I suppose."



Be great.

-Robyn Benincasa,
Adventure Racer
Adventure Race Champion
Team EarthLink
PowerBar user since 1989



WHAT EVERY ATHLETE NEEDS TO KNOW: PowerBar has the perfect blend of carbs, protein and fat to help maintain your blood glucose levels. So you stay sharp. **WHAT ROBYN KNOWS:** Carbs are your body's best source of fuel, and PowerBar has the highest carb-to-calorie ratio of any leading performance energy bar. It's the perfect food, whether your typical run is a few miles or a few days.

Contact www.powerbar.com for more performance tips and training plans from expert coaches or to share your favorite training tips with us.