

A little information forwarded by our Club President.

--- On **Thu, 9/17/09**, **Justin Masero** <JMaser@frs.com> wrote:

From: Justin Masero <JMaser@frs.com>

Subject: FRS New Club Sponsor

To: uncleneal2@yahoo.com

Date: Thursday, September 17, 2009, 10:44 AM

FRS Healthy Energy - New Club Sponsor

Dear Channel Islands Bicycle Club Members,

I'm thrilled to announce that FRS Healthy Energy is a proud sponsor Channel Islands Bicycle Club! This is an exciting opportunity for us and comes with many benefits.

Benefits Include:

- **FOR MEMBERS:** A special 25% discount on FRS purchases made online
- **FOR CLUB:** A special 5% revenue share on all products ordered by members
- **BONUS:** Potential for free product and FRS gear

[Click Here](#) to order FRS products and type in the coupon code: **CIBC09** at checkout. (0 is a zero)

If you are not already familiar with FRS, FRS provides healthy energy products that feature a revolutionary blend of antioxidants and vitamins that help's extend your body's natural energy with no jittery feeling or roller coaster ride. FRS enhances performance in athletes by improving energy and intensity levels during training and competition, and by reducing muscle soreness and improving recovery from exercise.

The energy comes from our secret weapon, Quercetin, an antioxidant found in foods like blueberries, apples, and grapes. In the most recent study conducted by University of South Carolina and published in the *International Journal of Sport Nutrition and Exercise Metabolism* found that the antioxidant Quercetin has positive effects on fitness. The study demonstrated that individuals who consumed 1000 mg of Quercetin experienced a 13.2% increase in endurance and a 3.9% increase in VO2Max-oxygen consumption of aerobic capacity.

Another study of the effects of FRS was conducted on elite cyclists at Pepperdine University . The results were dynamic - those that used FRS received a 3.1% increase in performance over a 30 km simulated mountainous trail time.

One athlete that is fully confident in FRS is Lance Armstrong. After testing FRS, meeting with our scientific advisors and finding that FRS aligned with his beliefs, Lance chose it to be the exclusive beverage he represents worldwide and joined our Board of Directors.

Improve your performance and help our club at the same time. Order now!

Best,

Neal Abramson

The FRS Company

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