

One more message, runners! Sorry to be hitting your inbox again. In case you hadn't heard, our gel sponsor this year is Crank Sports. They are a small business located here in San Diego, but they have been making a quality product for many years. I highly encourage you to give them a try. Their gels are 150 calories rather than the typical 100, and I have personally found them to be very palatable and effective during my training and racing.

They've donated their product so we could have them for you at our aid stations, and I hope you'll consider supporting them by making a purchase. They're offering 15% off your order at their site with the code CUYAMACA.

Here's what they had to say:

e-Gel is loaded with 37 grams of carbs (150 calories) in every pack and it has significantly more electrolytes than most other energy gels with 230 mg of sodium and 85 mg of potassium to help avoid cramping. e-Gel also provides a blend of amino acids and antioxidants that help to reduce muscle soreness and speed recovery. To learn more about e-Gel or to order direct, go to cranksports.com. When you order, use discount code CUYAMACA before the race for an additional 15% off your entire order.