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ENDURANCE NEWS

JUNE/JULY 2012 #80

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Product spotlight : REM Caps



Having a gran time

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The start area at an Echelon Gran Fondo. Photo : Hunter Ziesing

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"Thank you for teaching us about fueling! Your products have changed our lives; they do EXACTLY what they say, and less is best! more stomach ailments and bonking!"
Sincerely, Laurie & Dirk DeVries



ON THE COVER

Traci Falbo on her way to winning the overall women's title at the Umstead 100. Photo : Ben Dillon

ENDURANCE NEWS

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Our Mission

The objective of Endurance News is to provide you, the serious endurance athlete, with a valuable resource that you will find informative, educational, thought provoking, and helpful in your ongoing pursuit of optimum performance and health.

Endurance News features insightful articles on diet, nutrition, training, and other topics of interest for endurance athletes - written by our staff as well as professional and elite amateur athletes and other experts in the area of nutrition and exercise.

In reading this and future issues, please remember that the views expressed in this publication will always be biased in favor of a healthy diet and hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. But above all, we at Endurance News believe that there are no shortcuts and that success can only come from hard work.

Back issues available at www.hammernutrition.com

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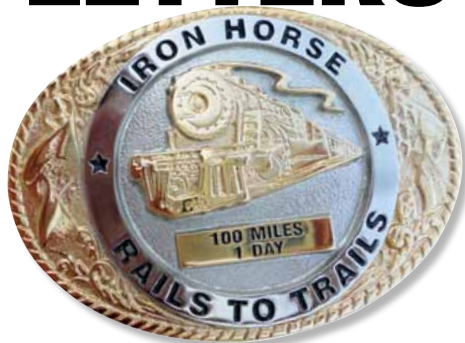
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LETTERS

Send your letters to letters@hammernutrition.com for possible inclusion in a future issue of Endurance News.



THANK YOU, HAMMER NUTRITION, for your support of the 7th Annual 2012 Iron Horse 100-mile, 100K, and 50-mile Endurance Runs. Twenty states and Canada were represented by 131 runners in what was a difficult yet exhilarating day and night.

Hammer Nutrition saved the day; most runners came from northern climes and were not expecting the 100% humidity that we were to be blessed with. HEED, Endurolytes, and Hammer Gel were lauded by runners as getting them through the race.

The Iron Horse races have more than their share of "new" ultra runners who have come from the triathlon and road race arenas and are not schooled in the nutrition, hydration, and electrolyte replacement required in 50- to 100-mile events. Due to successful fueling with Hammer Nutrition on the day of the 2012 Iron Horse, numerous records were broken, including the 100-mile record by Dan Seigers from New York in 15:40. Jennifer Vogel from Jacksonville, FL, set a blistering pace in the 50-mile, finishing in 7:00.

The comments that I and some of the aid station volunteers received would indicate that Hammer Nutrition has gained some new customers and believers!

Chris Rodatz
Race Director & Hammer Nutrition customer for 15 years

Enjoying the issue of EN#79 that I received recently. It contains useful, informative, and inspiring articles. I especially like that the employees shared how they utilize the Hammer Nutrition products.

All the best,
Gary V.

Having never used Hammer Nutrition products, I was taking a pretty big risk in trying them for my upcoming five-hour Karate black belt test. Up until now, it's been a challenge to find anything that would accommodate my dietary needs. I have several food allergies (wheat/gluten, dairy, eggs, and peanuts) and predominantly eat an organic diet with very low sugar. But I was excited to find that your products meet my needs and are wholesome too.

When I called Hammer Nutrition to ask a question, Vanessa took the time to understand my regimen and goals. Aside from six hours of weekly karate training, I also run and do plyometrics training. Being an athlete herself and advising lots of customers, I felt very comfortable having Vanessa develop a customized protocol for my five-hour black belt test.

I'm happy to say that I successfully completed the test! I couldn't have been happier with my performance and am grateful to Hammer Nutrition and Vanessa. Having spent 20+ years in marketing and branding, I have to say there are very few companies I've seen that offer such a high level of customer service and confidence in their products. I can now say that I am a Hammer Nutrition customer for life!

Sincerely,
John Foligno

Editor's Note: At Hammer Nutrition, our goal is to provide the best quality service and support to go along with our superior line of fuels and supplements. We know we're on the right track when we receive letters such as this; however, we also know that we can never rest on our laurels, so we'll always strive to give you our very best.



Read more letters from our readers on page 5 . . .

www.hammernutrition.com 3



Above : City Cycle at the corner of Union and Steiner where I bought my first road bike in 1985.
Photo : Sonia Frank

Below : 297 22nd Ave, the corner apartment where it all started. Photo : Brian Frank

Welcome to the 80th issue of Endurance News.

There are so many good articles and athlete contributions in the following 100 pages that I'm certain you and every one of the other 65,000 clients we mail every issue to will find at least one gem that can be put to good use for better results and improved health. I know that's a big claim, so read on and tell me if you don't agree. Although I am pretty strictly a front-to-back reader of magazines, Endurance News is the only publication that I read from back to front. Why you ask? Because I enjoy your submissions so much. These motivate me and renew my enthusiasm for doing what we do more than anything else, honestly. You'd think that after living this business 24/7 for 25

years, I might suffer "burnout," but luckily with the steady stream of positive feedback from you, culminating with the submissions that we feature here, I have no fear of that happening.

Speaking of 25 years and celebrating our anniversary . . . I thought it would be fun to pull a couple of photos out of the archives and reminisce a bit about the humble beginnings of this enterprise we now call Hammer Nutrition. In May of 1987, we incorporated and began producing our first product, Race Caps, and planning some test marketing programs (all of which were complete failures, I might add). The company toll free number was routed to my home number, and I would answer the phone, day or night. On a good day, we'd have two or three orders that my wife or I would pack at the kitchen table, and then I'd go to the post office. On some days, there were no orders.

While sales were initially sluggish, I had great success in getting the endorsements of most of the top triathletes (three of the big four) and duathletes (or biathletes, as they were called at the time). Then we happened upon a "race bag" program that *Triathlete* magazine was offering; for literally one cent per bag, we could insert an 8.5x11 brochure or flyer into 150,000 starter bags that would be handed out to

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LETTERS cont'd

{ Send your letters to letters@hammernutrition.com for possible inclusion in a future issue of Endurance News. }

I am a retired cardiologist and ardent supporter and user of Hammer Nutrition products. I have used them in training, in events such as centuries and double centuries, and even brought my own supply to Europe for the famed Paris-Brest-Paris cycling event last August (1,200 km in 90 hours or less). But I am writing to ask you to please be more consistent and thorough in listing your scientific references when citing them in articles. For example, in the April/May issue of Endurance News, Dr. Bill fully cites a reference in his article on "The power of post exercise protein," yet in the article on "Prostate cancer and soy protein," the reference at the end did not state where the reference or abstract was published or what year it was written. Similarly, Dr. Bill quotes a study in his article on distilled water, yet doesn't list the reference article for the study.

Again, I use and believe in Hammer Nutrition products. But as a physician, I feel that when studies are referred to in order to make a point, it is imperative to fully list the origin of the study so that the reader can be fully informed as to its source and perhaps its legitimacy.

Thanks for taking the time to read this,
Steve Werlin, M.D.

Editor's Note: Thank you for your letter and for bringing up this subject. We also believe that providing as much research/abstract reference information as possible is important to ensure the legitimacy of an article that discusses specific studies. Unfortunately, lack of space oftentimes prevents us from providing all of the available references and information, so we usually (as was the case with Dr. Misner's article about distilled water) provide a link where all of the references can be found online. With that in mind, we appreciate your feedback and will continue to strive to be as consistent as possible when it comes to listing research references, or at least listing a link to where they may be found.

Thank you for the "Hammer Nutrition - Endurance News - April 2012 - Athlete Spotlight on Keith Rieger" and for your kind, well-written intro. I appreciate you and Hammer Nutrition!

Keith Rieger

I just wanted to give a huge THANK YOU for Endurance News Issue 78. I found Hammer Nutrition products through a cycling friend and have been using them for over two years. I had found the right mix for long bike rides, but have been struggling as a new runner. I'm training for my second half marathon and have never completed a long run without having to deal with a headache for the rest of the day. I even say that my body isn't designed for long distances. That has changed. Last Saturday I had ten miles planned and followed the "What would Steve Born use during a race" guide. The mix of Endurolytes, Anti-Fatigue Caps, and HEED was just what I needed! Not only did I have a strong finish to my ten miles, but I didn't have any indication of a headache all day. I'll be using the same formula for the rest of my training, and on May 20 for the Marine Corps Historic Half Marathon.

Thanks!
SC Sonia Colaw

"It's true what they say . . .
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- continued from page 4

triathletes when they registered for their race—a very novel and "out of the box" concept at the time. We cobbled together a flyer with the athlete endorsements I had in place, promising increased energy, improved endurance, and dramatically reduced recovery time. By early April 1988, the phone was ringing nonstop and I could not keep up with the orders. I had to rent an office and hire someone pronto. I rented a 300-square-foot office on Geary Boulevard in San Francisco, which also served as my warehouse and fulfillment center. I hired Dan Rosen, a college kid from SoCal who was a hard worker and very sharp; he's now a San Francisco county sheriff and we still keep in touch.

Looking back at the early days of Hammer Nutrition is one of those "seems like yesterday" times in my memory. However, when I think of what has occurred since then, it seems like another lifetime altogether. One thing is for sure—it's been an amazing, almost indescribable journey and it would not have been possible without the support of athletes just like you. Thank you all for giving me the opportunity to take this journey!

I hope you enjoy this issue as much as I did. Enjoy the peak of race season and these warm summer months, and know that we'll be here when you need us.

Cheers!

Brian Frank

Brian
Proprietor

2886 Geary Blvd., our first office space, warehouse, and fulfillment center. Photo : Brian Frank

Pics from the road!



A sampling of the sights that I've seen



Above : On the streets of Seattle, every bike gets locked! Photo : Brian Frank

Below : While visiting Long Beach in March, I came across these members of the Killer Bee Triathlon team on their way to a swim workout at Mother's Beach. Photo : Brian Frank



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FROM THE SADDLE

*Triathletes start their day
at the HITS Triathlon.
Photo : Mike Freeman*

BY STEVE BORN

It's 4:00 p.m. on Wednesday, April 18, as I begin to write my column for this issue of EN. I'm sitting on a bench in beautiful Monterey, CA, and hanging out with my friends and co-workers, Mike Freeman (Hammer Nutrition Ambassador) and Jim Bruskewitz (Hammer Nutrition's Compex expert). We're waiting for our shipment of product to be delivered to our expo booths for the upcoming Sea Otter Classic, so I thought I'd take this opportunity to try and get a start on my column, even though I have no idea what to write about at this time. Fortunately, over the course of several days, a streak of creativity comes . . . yea!

I've written so much, in fact, that it takes more than just my column to fit it all in. You'll find my recap of the Volkswagon Sea Otter Classic Powered by SRAM event on page 11. Here, I talk about our recent experience at the HITS triathlon series in Napa, as well as a couple of "Steve's favorite products," ones that I'm completely sold on (as I think you will be as well). Enjoy!

HITS Triathlon Series

The four-day Sea Otter Classic expo has yet to begin, and we're already fairly exhausted. In addition to the travel, which is really the only aspect of attending events and manning a Hammer Nutrition booth that I have minimal tolerance for (I find airports and the overall "flying experience" to be very monotonous and tiring), we've already spent a few days working long hours at the HITS Triathlon in Napa, CA. This race series is unique because, to my knowledge, it is the only triathlon series in the country that offers a variety of race distances—Open (kind of a Mini-Sprint), Sprint, Olympic, Half Iron, and Iron—over the course of one weekend. This is the first year of the HITS Triathlon series, but with impeccable management and organization as well as a great race director (Mark Wilson) at the helm, it is evident that they have their act VERY MUCH together. We sponsor a lot of races annually, and I think they're all stellar (if they weren't, we probably wouldn't support them), but the HITS organization—especially for this being their first year—has it down cold . . . they really know how to put on a first-class event. Great job, HITS!

Over the course of the weekend, while Jim does dozens of "Active Recovery" Compex demonstration sessions, and Mike and I provide athletes with fueling advice and free samples of a variety of Hammer Nutrition fuels at the Hammer Nutrition booth, I am reminded once again of just how tough completing a triathlon must be, especially the longer distance ones. Sure, I've done some extremely long distance cycling races in my life—RAAM, at 3,000 miles or so, is undoubtedly the definition of "long and arduous"—but that's all I had to do . . . ride a bike. I never had to run ANYWHERE once my ride was over, and I thank God for that! Seriously, when I see a triathlete, especially one doing a half or full iron distance race, get off the bike after a 56-mile or 112-mile cycling leg (and that's after doing a lengthy swim!), and then start a half or full marathon run, I shake my head in amazement. If I do a hard 50- to 100-mile ride, I don't want to run at all—not a mile, not half of a mile, not even a quarter of a mile . . . and without question, not a half or full marathon! Although I admire athletes who do any kind of endurance sport, I have to say that—to me, anyway—there isn't a harder sport on a minute-by-minute basis than a triathlon, especially the longer duration ones. Amazing athletes indeed!

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FROM THE SADDLE cont'd.

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Steve's favorites

In this column, I usually discuss my current favorite product. Normally it's a supplement or a fuel, but for this issue of Endurance News my current "how did I live without them" products are two from our body care line: Seat Saver and Hammer Lips. A little explanation as to why I'm so enamored with these two products is necessary . . .

Aside from the spin classes I try to get to as often as possible, until I attended the March Hammer Camp, I hadn't been on my bike since October. (That's just the way it is when you live in snow country.) I admit that after nearly two decades of training for and competing in ultra marathon cycling events, which required an awful lot of time spent on a stationary bike during the winter, the motivation, desire, and willingness to subject myself to that has diminished. Indoor riding/training wasn't a whole lot of fun when I was still competing; now it can be a real struggle for me to get motivated to sit on a stationary bike for a couple of hours, especially after a long day of work.

Anyway, as has been the case for a few years now (someday I swear I'll learn), I arrived at the March Hammer Camp with precious few "butt miles" in the bank. The first day's ride from the Biosphere to San Manuel and back is my favorite of all of the great routes that the crew at The Cycling House maps out for us. Unfortunately, the combination of my minimal fitness, the duration of the ride, the deceptively difficult climbs, and the heat and my lack of acclimatization to it caused me to abort the ride before its finish. (Thankfully, I felt stronger and rode better as the week went on.) It also served notice that the area where "seat meets saddle" was utterly ill-prepared as well; my lack of foresight (i.e., using Seat Saver prior to the ride) became more evident with each passing hour, both during and after the ride. While I made sure to put sunscreen on all exposed areas of skin, I completely forgot about putting lip balm on to help protect my lips from the elements. D'OH!

You'd think that after the thousands of miles I've ridden in training and in

competition, and given the fact that (among other things) a good chamois cream and lip balm are essentials, especially in ultra cycling, I wouldn't neglect those two things while at Hammer Camp.

Fortunately, we supplied The Cycling House with plenty of Seat Saver and Hammer Lips, and I made sure that my first-day mistake would be a one-time mistake. From that

point on I made sure that I applied Seat Saver before the day's ride and Hammer Lips before, during, and after each day's ride. Coming from someone who's used just about every chamois cream and lip balm in nearly two decades of ultra marathon cycling, I can tell you without hesitation that there are no better products of their type than these two.

Seat Saver is nothing less than a life saver; it has saved my—well, you know—for as long as it's been available. Unlike all of the chamois cream products that I have used over the course of many years, nothing—and I mean NOTHING—works as well as Seat Saver. It simply protects that sensitive area where "butt meets bike seat" (or anywhere you may chafe) better than anything else I have ever used. You don't need to use a lot to enjoy its benefits, and, perhaps best of all, it doesn't turn into paste a couple of hours after application. If you have not yet used Seat Saver, take it from someone who has spent a TON of hours in the saddle . . . you will love this product!

Of the seemingly zillions of lip balms I have used over the years, Hammer Lips is my clear favorite. Trust me, the

warmer temperatures, almost complete lack of humidity, and the oftentimes windy weather that is all a part of Tucson, AZ, makes for the ultimate testing ground for a lip balm. After that first day's ride, one of the first things I did was snag a tube of Hammer Lips and apply liberally. I used it often during the rest of the camp and my lips thanked me profusely. I had no issues regarding dry, chapped lips, and I never had any issues with exposure to several hours in the sun. (I thank the zinc oxide in the product for that.)

By the time this issue of Endurance News reaches you, I'll have been on the road a few more times, doing seminars and attending a couple of the 2,300+ events that we sponsor annually. If you happen to be attending a Hammer Nutrition-

sponsored event and see the Hammer Nutrition booth, please make it a point to come visit us. The best part of doing seminars and working the Hammer Nutrition/Compex booths at events is getting to meet our clients, while also introducing potential new clients to our great products.

Whatever sport you may be involved in, I hope that your training is going well, and I trust that our products are helping you get the very most out of every minute you put into your workouts and races. Don't forget that our staff is available to assist you, along with our vast knowledge resources on the Hammer Nutrition website, should you have questions about your fueling and supplement program.

I hope that you enjoy this issue of Endurance News. Thank you for being such valued clients of ours! **HN**





The performance-enhancing power of zzzzz's

BY VANESSA GAILEY

Hammer Nutrition has long advocated getting plenty of sleep to aid recovery and boost immune system function. Sleep may impact other aspects of an athlete's training and racing as well, as reported in two Stanford University studies that suggest sleep may directly impact your race day performance.

Consistently getting adequate sleep may provide an additional competitive edge, according to a sleep research abstract presented at the SLEEP 2008 annual meeting of the Associated Professional Sleep Societies. Five healthy men and women on the Stanford University swim team participated in the study, extending their nightly sleep to ten hours per day for 6-7 weeks.

Their athletic performances were monitored at each swim practice during the study period, and they showed improvement in different aspects of performance: 15-meter sprint times improved by 0.51 seconds, start time off the block improved by 0.10 seconds, and kick strokes improved by five kicks. Daytime sleepiness and mood changes

were also evaluated. Study participants reported a decrease in daytime sleepiness, higher ratings of vigor, and a lower rate of fatigue.¹

A similar study conducted by Stanford University School of Medicine involved members of the men's basketball team. Their performances were evaluated after getting at least ten hours of sleep each night for 5-7 weeks, and then compared to their baseline performances as measured prior to the start of the study. The report, published in 2011, showed that average sprint times decreased by 5%. In addition, three-point field goal accuracy improved by 9.5% and free-throw accuracy increased by 9%. It should be noted that when ten consecutive hours of sleep was not possible, study participants added naps to their daily routine to achieve the total of ten hours of sleep necessary.²

To ensure adequate recovery, a healthy immune system, and optimal performance on race day, a wise strategy is to get plenty of sleep consistently, especially in the weeks leading up to your next event. Hammer Nutrition

REM Caps is a powerful yet safe sleep aid that can help improve quality and length of sleep. In addition, Dr. Bill Misner shares the following guidelines for a healthful night's sleep:

1. Plan on a daily transition from stimulating activities to less active, relaxing pursuits up to three hours prior to sleep—such as reading, listening to music, soaking in a warm bath, or taking a walk.
2. Avoid consumption of caffeine, alcohol, or foods rich in tyrosine or tyramine at least six hours before going to bed.
3. Avoid stimulating arousal from exercise, stress, or medications at least six hours prior to sleep.

4. See if you can synchronize your sleep pattern with available sunlight by developing the habit of going to bed when the sun sets and waking near the time when it rises. While this is not always possible, you can try to reinforce your basic sleep cycles (circadian rhythms) by providing a dark, quiet environment for sleep.

5. If you nap between two-a-day workouts, attempt to sleep for at least 90 minutes to complete a deep-sleep cycle for optimal recuperation and muscle mass growth during sleep. **HN**

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2. Koros, Elaina. "Study finds sleep increases athletic performance." *The Stanford Daily*. July 14, 2011. Web, April 23, 2012 (<http://www.stanforddaily.com/2011/07/14/study-finds-sleep-increases-athletic-performance/>)

Want to get a good night's sleep? Turn to page 12 and read the product spotlight on REM Caps!



The Volkswagen Sea Otter Classic Powered by SRAM

BY STEVE BORN

It would take a lot of Endurance News pages to try to explain everything that goes on and what one experiences during the annual “if you ride a bicycle of any kind, we’ve got something for you” Sea Otter Classic. It’s just so much that I won’t even try.

It is quite an amazing event, of that there’s no doubt. With over 7,000 participants, a few thousand spectators, and several hundred vendor booths, it is by far the largest event that we sponsor and attend. It’s a unique event, with everything in the world of cycling all in one place. With that many participants the amount of HEED, the official sports drink of the Sea Otter Classic, that we supply for the athletes is astronomical. Additionally, with that many athletes and spectators constantly milling around the seemingly endless expo area, the amount of product we sample at our booths is just as astronomical.

As an example, we sampled the two newest flavors of Hammer Bars (Cranberry and Oatmeal Apple), and the new Hammer Recovery Bar. Each bar was cut into six or more bite-size pieces and served similar to a hors d’oeuvre (complete with a toothpick in each one) on separate serving trays. I estimate that we used roughly 5,500 toothpicks, maybe more, so you can imagine how many bars were sampled! Over the course of the four-day event, we also

served a few hundred gallons of HEED (Strawberry and Melon) and Recoverite (Strawberry and Chocolate), gave out over 6,500 samples of Endurolytes Fizz, and provided several hundred samples of other Hammer Nutrition goodies. I have to believe that most, if not all, of the thousands of people who came by the Hammer Nutrition booths went away very satisfied with our offerings.

Jim had his own 10’ x 30’ section of booth space devoted solely to Compex and oh, was he busy all four days! Clearly, Jim is THE expert on all of the remarkable benefits that Compex technology provides, and after the first few people were “hooked up” and experienced the great feeling that the Active Recovery program provides—while also eagerly taking in all of the information that Jim provided—the “snowball effect” definitely occurred. There was never a dull moment at the Compex booth all weekend long!

We couldn’t have done this without the help of the athletes, parents, and friends of some of our sponsored teams and organizations. I extend a special and mighty “THANK YOU!” to ICC, Tiene Duro, BYRDS, Revel Rad Racing, AZ Devo, CMG Racing, and Team Senior Gel. We so very much appreciate all that you did in helping us keep things operating smoothly at the Hammer booths. There is no way we could have pulled it off without you. Thank you again! **HN**

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my HGH
tonight

Just one scoop of Hammer Whey before bed may safely and effectively raise your HGH (Human Growth Hormone) levels by as much as 400% while you sleep. That’s enough to have a noticeable effect on anabolic, muscle building/maintaining activity in the body, a benefit to health and performance!



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Product Spotlight

REM Caps

The solution for "the ultimate performance killer"

BY STEVE BORN

"Sleep deprivation can put you in one of the worst holes you'll ever experience.

It goes hand in hand with overtraining, erratic training, and poor performances." Those are words from highly respected coach Nate Llerandi, who labeled the lack of quality sleep "the ultimate performance killer."

Dr. Bill Misner elaborates with the following scenario:

You and your training partner carefully measure the optimal protein intake for the "max" in muscle growth response. You both take the exact same state-of-the-art supplements and follow the same "perfect" workout dictated by your aggressive, but prominent personal trainer. Your partner's gains are what you'd hoped for . . . what went wrong? Deep sleep patterns may mean the difference between big anabolic gains and none at all! Both bodily repair and anabolic growth occur only during quality rest, and when deep sleep patterns become routine.

While lack of sleep can have dire consequences, adequate sleep provides only positive, healthful benefits. In a typical day, a person's waking hours are consumed by trying to meet the many mental and physical demands encountered at every turn, as well as replenishing vital nutrients as they are being used up during these daily activities. In the hours remaining—during sleep—the body

"Sleep deprivation can put you in one of the worst holes you'll ever experience. It goes hand in hand with overtraining, erratic training, and poor performances."

takes a time-out to rebuild and recharge, preparing for the day ahead.

It's fairly obvious: if you're not obtaining the right amount of high-quality sleep each and every night, not only is your athletic performance being sabotaged, but you are jeopardizing your overall health as well!

Common problem with disastrous results

Obtaining enough quality sleep is a problem that affects many people, athletes and non-athletes alike; an estimated 30-50% of the general population is affected by insomnia (Latin for "no sleep"), and 10% have chronic insomnia. According to polls from the National Sleep Foundation dating back to 1999, over 50% of adults in America experience one or more symptoms

of insomnia at least some nights over the course of a week. The 2005 Sleep in America Poll reported the following percentages of these symptoms that were experienced frequently by the adult population:

- 38% woke up feeling unrefreshed
- 32% wake often during the night
- 21% reported waking too early and/or difficulty falling asleep

Given that this survey was conducted seven years ago, it wouldn't be surprising if those percentages have increased even more.

I have often found—and there's a good chance you have as well—that falling asleep quickly and staying asleep can be a real challenge, and especially so after a tough training day and/or in the days leading up to a race. These specific times, when your body really needs to get a full amount of sleep, may be when it gets the least . . . definitely not a good scenario. If you're suffering from part-time or chronic insomnia, there is a good chance that you will have increased levels of stress hormones in your blood, which may compromise your immune system, potentially increasing your risk of getting



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The unique & potent REM Caps formula

Valerian Root Extract – Valerian is perhaps the most widely used herb for the treatment of nervousness, stress, anxiety, and insomnia. Valerian is also beneficial for improving circulation, helping to lower high blood pressure, reducing mucus accumulation during colds, relieving muscle cramps, and helping to relieve the symptoms of irritable bowel syndrome.

Melatonin – Melatonin is a hormone that is naturally produced and secreted by the pineal gland, a tiny organ in the brain. Melatonin is responsible for regulating the biological rhythms in humans and is an effective aid to alleviate insomnia. Dr. Bill Misner writes, "Melatonin has growth hormone and REM-sleep quality implications, both of which are important to optimal recovery from extreme or intense workout sessions."

Additionally, melatonin is also a very powerful antioxidant. One well-known nutritionist has stated that melatonin is "one of the most powerful antioxidants ever discovered with a greater range of effectiveness than vitamin C, vitamin E, or beta-carotene..." Another highly respected nutritionist writes, "Melatonin neutralizes one of the most damaging free radicals, and does so five times more effectively than the antioxidant enzyme glutathione..." Speaking of glutathione, melatonin increases the endogenous production of this powerful antioxidant.

Due to its antioxidant benefits, melatonin has been shown to be a powerful immune system stimulator and a substance that is garnering substantial attention as having potential anti-aging properties. The latter is primarily due to the studies done by The Spanish Aging Research Network, in which researchers found that orally administered melatonin can help delay the effects of aging in mice. When the mice were given melatonin at the age of five months (equivalent to 30 years of age in humans), the researchers found that melatonin neutralized aging-associated

oxidative stress and inflammation, and delayed their effects. While it has yet to be determined whether these results are applicable to humans, it is certainly promising; researchers hope that melatonin supplementation will help aid in the prevention of age-related diseases such as diabetes and Parkinson's disease.

5-HTP (5-Hydroxytryptophan) – 5-HTP is isolated from the seed of the Griffonia simplicifolia plant and is a natural precursor of the hormone serotonin that, along with melatonin and valerian, helps to prevent insomnia. Along with melatonin, 5-HTP also enhances the release of growth hormone during sleep. In addition, several other conditions linked to low serotonin levels are aided by the use of 5-HTP:

- Depression
- Carbohydrate cravings
- Tension and migraine headaches
- Premenstrual syndrome
- Fibromyalgia

Note: People taking SSRI antidepressants should consult with their physician prior to taking 5-HTP.

Magnesium (as Amino Acid Chelate) – Of the dozens and dozens of roles magnesium plays in the body, one of the primary benefits for aiding sleep is that it helps the muscles to relax. Along with the valerian component in REM Caps, magnesium may provide noticeable relief for anyone suffering from night cramping.

Enzyme Enhancement System™ (proprietary blend of protease, amylase, cellulase, lipase, and phytase) – The aging process can deplete/diminish the amounts of digestive enzymes that the body produces. These added enzymes work with the body, replenishing what it no longer can provide and helping the body absorb and assimilate the maximal amount possible.

Real Athletes, Real Results!

What you're saying about REM Caps

"Guys, I just wanted to say thanks so much for the help, products, and service so far! I just ran my first XTERRA Trail Run this past weekend. I'm pretty stoked to let you know that I came in 12th overall in the men's division and was only 11 seconds shy of reaching the podium in my age group. I've been consistently using the Daily Essentials as prescribed and Recoverite after my workouts. I work a graveyard shift and I flip-flop my sleep pattern weekly, so I also use **REM Caps** to get the best rest I can. Too bad this was the last race of the series . . . time to kick my training up a notch for next year!"
- Glenn C.

"**REM Caps** are rawkin' my socks right now. I'm a competitive cyclist and RN who works three night shifts per week so I have to flip my day/night sleep schedule frequently. I need the sleep support for quality sleep to function both as an RN and in training on the bike. I've been taking them for four days now and have been waking up feeling more energized and more normal! Thank you for a great product!" - Amanda S.

"I recently started working third shift with a new job. I have always led an active life and thought that living with a third shift sleeping schedule would take its toll on my training. I started to take **REM Caps** after a couple of rotations and have already noticed a difference when I wake up. I wake up feeling rested and ready to go on my workouts. I also have more than enough energy to make it through my shift as a police officer." - Matt K.

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sick. In addition, the precious time you spend sleeping is also the time that your body needs for rebuilding muscle tissue. Less sleep equals less time for complete and thorough recovery, which in turn equals declining performance over time.

Needless to say, the important connection that health and athletic performance have with adequate amounts of high quality sleep is hard to overstate. If you hope to ever make gains in your training without your immune system taking a beating, and if you want to ensure that you're well rested in the days leading up to a race, you need to make sure you're getting adequate sleep. That's where REM Caps comes in. Its unique formula—a proprietary blend of specific nutrients in therapeutic doses, all working synergistically—helps you derive the full benefits from a complete and thorough sleep. REM Caps is the safe, effective way to help you fall asleep faster and stay asleep longer.

Summary

Coach Llerandi states, "If you've got your training program dialed in but aren't performing up to expectations, increasing your sleep could be the missing piece of the puzzle." Unfortunately, in today's stressful world it's oftentimes difficult to obtain adequate sleep. However, you don't have to let an insufficient amount of quality sleep compromise your health and sabotage everything you've worked so hard to achieve in your training.

REM Caps is the solution and it's ready to go to work for you. Its nutrient combination allows you to reap the health and performance benefits of a more sound, restful, and productive sleep. In addition, many general health benefits may be derived from the regular use of REM Caps, which suggests that daily use of REM Caps is worthy of consideration, whether you have sleeping issues or not.

We suggest taking 1-3 capsules 60 minutes prior to sleep. Start by taking one capsule, as that will provide 3 mg of melatonin, an amount that works for most people. **HN**

REM Caps FAQ

Q: Is it OK to take REM Caps—specifically melatonin—regularly?

ANSWER

While there is one school of thought that suggests that one could develop a tolerance to melatonin (one of the primary ingredients in REM Caps), many believe that melatonin has such potent antioxidant/potential anti-aging benefits that it may be prudent to take it regularly. In particular, melatonin detoxifies the highly toxic hydroxyl radical as well as the peroxy radical, peroxynitrite anion, nitric oxide, and singlet oxygen, all of which can damage macromolecules in brain cells. Additionally, melatonin stimulates a variety of antioxidant enzymes including superoxide dismutase, glutathione peroxidase, and glutathione reductase. One additional advantage melatonin has in reducing oxidative damage in the central nervous system is the ease with which it crosses the blood-brain barrier.

More recent studies involving both men and women show that melatonin may help lower high blood pressure, one of the leading risk factors for stroke. In one study, while daytime blood pressure readings remained unchanged, melatonin supplementation (when compared to placebo) significantly decreased nighttime blood pressure, without modifying heart rate.

Perhaps melatonin's most impressive benefits come via its ability to help fight a number of cancers, including breast cancer, liver cancer, non-small-cell lung cancer, and prostate cancer. Additionally, at least one study suggests that melatonin may also help counteract the undesirable side effects of chemotherapy treatment. After one year

of melatonin supplementation, patients demonstrated a higher rate of survival and were significantly protected against many of the side effects associated with chemotherapy.

Lastly, a 2004 study suggests that migraine sufferers may be able to reduce the frequency and severity of their headaches by using melatonin. In this study, a 3 mg dose of melatonin (the same amount in one REM Caps) was given 30 minutes prior to bedtime for three months. Of the patients who completed the entire three-month study, over two-thirds experienced at least a 50% reduction in the number of headaches per month, with the added bonus of the intensity and duration of their headaches decreasing. Researchers attribute this to melatonin's anti-inflammatory and free-radical-scavenging capabilities.

It's clear that melatonin supplies a plethora of benefits, much more than just an effective sleep aid, which suggests that the daily use of REM Caps is worthy of consideration.

Questions on this or other products? Join in the discussion on the Hammer Forums.

Click 'Endurance Forum' under the 'Community' link on www.hammernutrition.com for info!

“The amount of sleep required by the average person is five minutes more.” - Wilson Mizener

Be better than average!

Get good sleep, right from the start, and the sound of your alarm clock in the morning won't be so unwelcome! REM Caps' nutrient combination allows you to reap the health and performance benefits of a more sound, restful, and productive sleep. If you're looking for a safe, effective sleep aid, look no further. Just add REM Caps to your next order.



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MSRP
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Hammer Nutrition ambassador campaigns for U.S. jobs

BY VANESSA GAILEY



The pages of Endurance News are filled with recounts of exceptional determination and oftentimes unfathomable athletic accomplishments. We share these stories, not only to recognize and celebrate their successes, but to reiterate to our readers that many tiny steps add up to great achievements, whether it is miles logged in training toward a triathlon, or as in Jeff Cowie's current endeavor, strengthening U.S. employment one company at a time.

Hammer Nutrition ambassador Jeff Cowie is no stranger to challenge. He started running in 1979 at age 26 upon the recommendation of his doctor, after no sports participation or exercise activity of any kind up to that point in his life:

overweight, a smoker, sedentary (couch potato!) from sitting at an office desk and on airplanes, and destined for his first heart attack by age 45. After miles of training and considerable weight loss, Jeff said he "finally experienced a runner's high, that wonderful endorphin rush," and an organized 5K race became his goal. Soon thereafter, his goal became a top-three age group finish, and after that came countless 5K, 10K, 12K, 20K, and half-marathon road races. He competed in his first marathon in 1984 in Chicago. Next, Jeff took on the sport

of triathlon, competing in the Olympic distance Bud Light U.S.T.S. Series in Chicago in 1987, and he was hooked.

"When I started racing triathlon in '87 (after nine years of running), I noticed a small black and white ad in *Triathlon* magazine for Hammer Gel: 'The only gel sold in jugs!' I tried it and was immediately impacted by the benefits of the product!" Jeff said. "Slowly, I began to use more of Hammer Nutrition's products as they were introduced, and when I moved to Whitefish, MT, lo and behold, I discovered that Hammer's world headquarters were there! Then, oddly enough, I bought a home in Whitefish and became a neighbor of Brian Frank!"



Jeff went on to compete in over 60 short- to middle-distance

triathlons throughout the U.S., and at his peak age group standings (ages 40-44 and 45-49) became a USAT nationally ranked age grouper, with nearly a dozen top-three finishes. After 14 years of racing triathlon, he then took on the Ironman distance with 3-for-3 finishes at Ironman Lake Placid in 2000, Ironman Florida in 2001, and the inaugural Ironman Wisconsin in 2002.

"I have always been amazed at the quality and benefits of Hammer Nutrition products, and just as equally impressed with the company. Brian started the whole deal in his apartment about 25 years ago, and it pleases me to see that his untiring efforts, along with the help of his team, have grown to such a substantial presence in a fiercely competitive market," Jeff shared. "I also have been delighted with how

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Brian presents such a true commitment to Hammer Nutrition's customers . . . not just the typical corporate rhetoric. It's the real deal, and in my mind the epitome of what and how a company should be! I love everything about Hammer Nutrition! Because of my passion for endurance athletics, and my love for Hammer Nutrition and active endeavors to guide athletes, I became a Hammer Ambassador."

In November 2011, Jeff once again embraced a new personal challenge and employs the same determination in its efforts that he does when facing each training day as an athlete. He created, organized, and launched We Employ America, a market-driven national branding of the "Made in America" theme. "During my 28-year career as a senior executive serving the U.S. hardware manufacturing sector, I witnessed firsthand when off-shore employment sourcing began in my industry over two decades ago, and knew back then, that if America continued on

the path of sending our jobs off-shore, we would eventually be left with little to sustain our economy. So just about a year ago, seeing that America was at that place, I realized that a national branding of the Made in America concept has never been done," Jeff said. "And, if we could accomplish that and educate consumers to look for the WEA logo whenever they shop for goods and services, we can maintain and bring back jobs here by speaking with our spending dollars . . . one purchase at a time, as I say. My vision for the company is to create such a brand awareness that the WEA will become a household icon, no different that "The Good Housekeeping Seal of Approval."

The company licenses its U.S. trademarked WEA logo, name, and tagline, "Support US with Your Purchase"™ to qualifying companies who produce some or all of their products or services employing American workers. For more information on WEA, visit www.weemployamerica.com. **HN**



Compliments of Hammer Nutrition client and FCA Endurance athlete Christy Jones

6 oz. soy milk

6 oz. chai tea

(I use the sugar-free Oregon Chai tea latté mix)

1 scoop Vanilla Hammer Soy

1 tablespoon blackstrap molasses

1 tablespoon ginger powder

1/4 teaspoon cinnamon

1 cup ice

1 ripe banana (optional)

Simply put all of the ingredients in a blender, blend until smooth, and enjoy! This is easy to make, tastes like a gingersnap cookie, and is a great source of protein along with iron, calcium, and potassium (thanks to the blackstrap molasses).

Just to clarify, I can't take total credit for coming up with this recipe on my own. I found a recipe online for a smoothie using blackstrap molasses when I was looking for an appetizing way to get my iron and calcium. It just occurred to me yesterday to add some of my Hammer Soy protein powder to thicken it up and get my protein too! - Christy

2.8 million jobs have been lost in America since 2001.

Source: Economic Policy (EPI) Report

77% of Americans said that outsourcing was their biggest economic concern.

Source: TIME/Money Magazine Poll: TIME October 10, 2011

In 2011, new data from the U.S. Commerce Department reported the nation's largest corporations (U.S. multinational corporations, the big brand-name companies that employ a fifth of all American workers) cut their workforces by 2.9 million people over the last decade while hiring 2.4 million people overseas.

Source: The Wall Street Journal, Business April 19, 2011



Team Senior Gel wipes 'em out at Wente

The Wente Vineyards Classic (road race and criterium) is a hugely attended annual road cycling event. The 25th anniversary of this took place in Livermore, CA on April 28-29, and Team Hammer Gel (aka Team Senior Gel) dominated the road race, taking four top-ten places out of 13 competitors in the men's Cat 1/2/3 Master 65+ field.

Capped off by Richard Shields' 1st place and Mike Freeman's 2nd place finishes, Team Senior Gel also had outstanding showings by Lloyd Rath in 6th place and Jack Kelso in 8th place.

Mike Freeman shared his thoughts very succinctly in saying, "It was a good race, very tactical with a tough climb. We had fun." Fun indeed!



Alistair Eckman of Team Hammer/CMG catches his breath after finishing the 3.7-mile hill climb up Glendora Mountain Road at the San Dimas Stage Race. Photo : Watchara Phomicinda

Overdid it . . . again? Complex to the rescue

BY JIM BRUSKEWITZ

We all have an injury now and then. Oftentimes these injuries require that we miss some of our regular training while we recover from the damage done. Complex NMES can be a very useful tool to get you back in the training game more quickly and better ready to handle a decent level of training when the time comes.

I'm fortunate enough to be able to talk to many Complex users. A good number of these athletes wonder why there isn't more promotion of the fact that Complex has benefits in addition to warming up, building strength and endurance, and recovering from training. I'm taking their advice and reporting on some of the ways that Complex can be effectively used to quickly get back in the game.

Recovery after surgeries and procedures

Let's look at more serious exercise-related injuries, ones that require a

procedure to correct. In the case of post-arthroscopic surgery, an imbalance in the amount of strength in a muscle group, left to right side, is dramatic. This is measured pre- and post-surgery by the level of stimulation required to elicit a given degree of muscular contraction on a fine scale from 1 to 999 on a Complex NMES unit. The imbalance comes immediately post-procedure. While recovering, being unable to train normally will result in some degree of atrophy or loss of tone. Complex can return the affected limb to pre-procedure strength levels quickly—sometimes with just a few sessions—without putting any load on the affected joint.

Labral tears, tears in the cartilage that lines a joint's articulating surface such as in the hip and shoulder, are on the rise, likely because the diagnostic techniques have improved. These tears can be repaired, but often leave the athlete at a very reduced level of activity during the recovery process. One can imagine that training the muscle after injury of a

joint is possible with Complex because the injured joint need not move or support any kind of weight-bearing load.

Injuries to muscles and tendons, and chronic soreness and tightness

Injuries that may or may not take an athlete away from training can be treated by training the muscle in the injured area. Two common injuries are very effectively treated with Complex.

The iliotibial band, or IT band, is commonly overloaded by athletes who rapidly increase the training load. Hill climbing while running or cycling can cause IT band inflammations. A rapid increase in the distance of a long run is another culprit. The injury is often managed well with rolling the side of the thigh on a foam roller, though some athletes do not get the relief they need even with multiple treatments daily.

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Compex is very effective at treating this nagging injury. Its frequencies are specific to motor neurons that stimulate muscle fibers to contract. These frequencies will not affect other tissue. When Compex is used on the side of the thigh, the muscle around the pads contracts, but the IT band itself does not. This movement of the muscle, but not of the connective tissue, breaks the adhesions that form between these two tissues and causes the pain on the outside of the knee. The thigh muscles will work much more efficiently if they are not bound to the IT band. The healing of the tissue is aided by an increased blood supply that accompanies the opening of the arterioles, feeding blood to the contracting muscle.

The benefits from treating the plantar area of the foot with Compex are the result of the same principles mentioned above; move the muscle, don't move the fascia connective tissue surrounding the muscle, and break the adhesions while increasing the blood supply to the area.

Injuries that benefit from increasing blood supply to an area can be treated with Compex. Tendonitis can be difficult to recover from, partly because tendons are not well supplied with blood. Bringing blood to the area with a Compex unit speeds recovery.

Chronic soreness and tightness are

problems that aren't necessarily considered to be injuries, like sore neck and shoulders, tight and sore lower backs, tight hips and calves, and tender compartments around the shins; all of these respond well to Compex treatment. There are a number of programs that help with these issues. The Active Recovery and the Recovery Plus programs have two stages: the flush and the endorphin production. The flush stage of the program squeezes the blood out of a muscle's capillary beds. The waste products from exercise are flushed away, and there is room for fresh blood that supports the work done to recover. The endorphin production is the "feel good" part of the program. Heavy or dead feeling muscles feel lighter and fresher, and the muscles will relax once treated. If a muscle is tight and sore, this stage of the recovery programs will help a great deal. The Massage program is all about promoting endorphin production. Knotted muscles and muscles that are sore to the touch will feel light and supple as the pain melts away.

We all fall prey to our bodies' complaints about the amount of work we've done. In a whole variety of ways, Compex is a therapeutic training tool that will get you back in the game and doing what you love to do—getting out there and moving your body! **HN**



Performance U.S.
5 programs with 5 levels of progression. Perfect for the fitness enthusiast and/or athlete who engages in frequent competition.

Sport Elite
9 programs with 5 levels of progression. Perfect for the competitive/high-performance athlete who has a rigorous training and exercise regimen.



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My experiment with Compex

BY GREG MUELLER

So what exactly is this product, how does it work, and will it help me? My limiters as I began my first Compex training sessions were impatience, low technical ability, upper leg muscle imbalance, and low fitness. My plan was to use the unit three times per week for strength. I began in mid-January and immediately appreciated the ease of setup and application—with the help of simple color-coded pictures, you press a few buttons and off you go. This made it much more attractive to me because I knew that I would not have the time or patience for a big setup or breakdown.

My primary goals in using the Compex were to address a very apparent quad and gluteal imbalance. I had been doing some single-leg strength work, but without any substantial results. With the first use of the Compex on those muscle groups, it was apparent that, at the same intensity level, the right and left leg felt different. Per the directions, I simply increased or decreased the energy levels independently until I could feel the same impulse on each leg. I did one 33-minute session three times per week, and in two weeks I started to see what I thought was an evening of my pedal stroke. This was indeed confirmed with testing on the CompuTrainer SpinScan. I had increased my power variation on the SpinScan from 54% right leg/46% left leg to 51%/49%, almost even in five weeks. This also resulted in a cadence improvement of about 7%, from 88 rpm to 94 rpm over a two-hour ride. An additional issue during this time was that I was dealing with a stress fracture, prohibiting me from doing impact/weight-bearing movements like running. Compex was able to help

me strengthen both legs with no joint loading.

About three weeks into the experiment I realized that with no running, my legs were really getting tired from the additional cycling miles, so I thought it made sense to try the Active Recovery program. This coincided with a training camp that I was running for my professional athletes in California. Needless to say, three days into the trip, the 30-minute climbs were killing me and I almost couldn't put pressure on the pedals. I used Active Recovery that night and the next day I was a new person, riding at the front on a three-hour ride. It was amazing and immediately I knew that I had to get everyone on a Compex. That night we all used Active Recovery and had varying but impressive results across the board. About two months later the whole team was using Compex immediately following our first race of the year in Florida.

For me, the huge gains were in balancing my leg strength. For my pros, the huge gains have been in minimizing their recovery. In my opinion, this is the essential part of racing for a living. It's not important how much you can do in a day but rather how much you can absorb. Having the Compex is like having your own massage therapist with you at all times to accelerate recovery. The Compex, coupled with Recoverite and Hammer Whey, has allowed Team IE to already have some dominant performances in 2012. For me personally, it's a feeling of balance that I haven't felt on the bike in years, and professionally I know that Compex is a huge advantage for my athletes.



My next project is to work with the Potentiation program. This is like a "rapid" warm-up, a muscle activation impulse. We already use muscle activation through dynamic movements. I am confident that Potentiation will bring the same great results that we saw from the other two programs. I will keep you posted on what I find out. **HN**

Greg Mueller is a certified Level 3 USAT triathlon coach, Level 3 USA cycling coach, and a nationally certified massage therapist. He has been racing endurance sports since 1989, starting with the Little 500 in 1993 where he raced with Cinzano and placed 2nd. Greg culminated his cycling career with a State Road Race Championship, State Time Trial Championship, and a 14th place finish in the 2000 U.S. Olympic Trials in the Points Race.

In 2002, Greg started racing triathlons and turned professional in 2003. That year he won seven of 16 races. Since then he has gone on to set multiple course records and win over 15 triathlons. Greg is currently head coach at Innovative Endurance; he is also coaching Team IE's Hammer Nutrition-sponsored professional triathlon team for 2012.

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NMES consultations with our experts!



Jim Bruskewitz, NMES expert

The Primer - \$49.95 (FREE with purchase!)

30-minute consultation

Discover the benefits of Complex

To gain the best possible benefits and value from this powerful device, you'll need to become familiar with the basic functions of your NMES, including charging the device, and proper cable and pad connection.

In addition you will learn:

- Navigation through the various programs stored within your unit
- Placement of the electrodes over the muscles you plan to stimulate
- Proper starting level of stimulation for the programs you use daily



The Competitor - \$79.95

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Integrate NMES into your daily training regimen

This extended consultation includes everything covered in the 30-minute consultation, plus you'll learn how to:

- Use all of the programs on your device
- Time weekly program use to benefit your sport
- Schedule your training utilizing an array of Complex programs to reach your peak at the right time
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60-minute consultation *Per hour

Become an advanced NMES user

After completing both the 30-minute and 60-minute initial consultations, additional consultation time can be purchased. You'll quickly become an advanced user and get the most out of your Complex device! With our advanced consultation, you'll learn how to:

- Tailor your Complex use to your unique needs
- Evaluate your progress and adapt your program
- Understand how the science and technology of NMES makes the Complex a very powerful tool

Accessorize your Complex!

Snap Electrode Pads \$14.95

(set of four 2"x2" or set of two 2"x4")

Snap-on Conversion Cables \$44.99

(for use with Complex Fitness Classic and Sport Classic)

Snap Cables \$59.99

(for use with Complex Sport Elite and Complex Performance U.S.)

Belt Clip \$9.99

(for use with Complex Sport Elite and Complex Performance U.S.)

Conductivity Gel \$7.95 8.5 oz., \$4.95 2.0 oz.



"I just wanted to let you know that the Complex Snap-On Conversion Cable kit is the best!

I was sold on the convenience of snap leads, but I think the biggest benefit is that snap leads connect in the middle of the pad and don't pull the pad away from the skin like pin leads. With pin leads, I could never effectively use the Spectra conductivity gel because the pad would get pulled away from the skin too easily. With snap leads, I don't have that problem. The improved performance and convenience are more than worth the extra money!" - Carrie C.

Browse our website today to find even more great Complex accessories!



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Photo : wadleyphotography.com

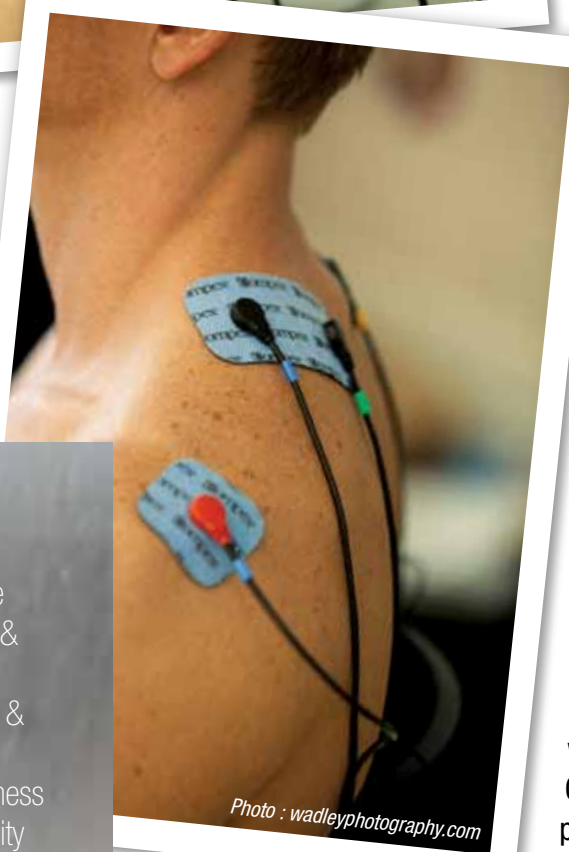


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NMES technology is universally accepted and widely used in Europe for physical preparation, muscular recovery, injury prevention, rehabilitation, pain relief, muscular reinforcement, physical beauty, and more.

Whether you are a professional athlete, weekend warrior, or somewhere in between, Compex electrostimulation devices provide a potent tool to enable you to achieve, and even exceed, your highest athletic goals.

More benefits!

- Enjoy a "runner's high" endorphin flood anytime
- Increase muscle power & strength, size if desired
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- Get a massage anytime you want

Compex is FDA-cleared.

Compex NMES is ideal for all athletes



Sport Elite

The Sport Elite muscle stimulator is recommended for the competitive/high-performance athlete who has a rigorous training and exercise regimen. It features a total of nine programs with five levels of progression that will keep elite athletes challenged with every training session, resulting in a true competitive advantage!

PRICE
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All models include a muscle stimulator, battery charger, user's manual, instructional DVD, electrode placement guidebook, carrying case or bag, electrode lead wires, and gel electrodes.

Programs include:

- Endurance
- Resistance
- Strength
- Explosive Strength
- Potentiation
- Active Recovery
- Recovery Plus
- Pre-Warmup
- Massage

Performance U.S.

The Performance U.S. muscle stimulator is recommended for the fitness enthusiast and/or the athlete who engages in frequent competition. It features a total of five programs with five levels of progression to help competitive athletes achieve the highest level of performance.

PRICE
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Programs include-Endurance, Resistance, Strength, Pre-Warmup, and Active Recovery.



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2 free sets of
electrode pads - FREE
A \$29.90 value!

90-day money back
guarantee - FREE
Priceless!

Real Athletes, Real Results!

"The Compex has been a huge part of my training and recovery this year. I've had hip surgery in recent years and never fully regained the strength I lost in my glutes and hamstrings. Adding the Compex to my training and recovery regimens has helped me make great strides in getting these muscles to function properly again. I'm biking and running better/faster than I have since before my injuries. I couldn't be happier. Also, I recently turned 40 and my body doesn't recover like it used to. Adding the Compex to my recovery regimen has made a noticeable difference in my ability to train at a high level daily, many days being two-a-days." - Deb M.

"I can't put into words how this has helped me. The removal of pain is priceless. Being able to get out of bed and move without pain is GREAT! This unit helped me as soon as I received it and used it the same day. So I say to Compex and Hammer Nutrition, THANKS BIG TIME!!! I am on the way to getting my life back. This is PRICELESS!!!" - Greg Q.

Taking supplements after evening workouts

A question from the Hammer Forum

BY STEVE BORN

Question

During the week my workouts take place from 8:30-10 p.m. I typically eat dinner and take most of my supplements post-workout, which is right before I go to bed. Since the dosage is post-workout, is this the best timing in my case? I do take some Premium Insurance Caps and Mito Caps earlier in the day as well, to split the daily dosage. In addition to more of those at night, I take Chromemate, Phytomax, Carlson Salmon Oil, and Super Antioxidant. I also have a whey protein drink immediately after my workouts. Thanks for your input!

ANSWER

Yes, even though your workouts are completed late at night, I would still focus the majority of your supplement intake at that time, which is when your body is in a depleted state and in need of nutrient support. As long as you're splitting the dose of your supplements so that you're getting nutrient support during the daytime, you'll be just fine.

I do need to mention that some people find some of the nutrients in a couple of the products (Mito Caps and Race Caps Supreme come to mind first) tend to interfere with getting to sleep quickly if taken too late in the evening/night. This isn't due to any kind of central nervous system stimulation, but simply because some of the nutrients in these products are intimately involved in the process of making energy.

When you take Race Caps Supreme and Mito Caps, they provide the body with nutrients that help make energy more efficiently. The B vitamins in

Premium Insurance Caps, in addition to the countless other roles they play in the human body, are very much involved in the complex process of energy production. That's why, for a small percentage of people, taking these particular products too late at night can make them feel "energized" (for lack of a better word), which can interfere with getting to sleep as quickly and efficiently as possible.

Now, if your sleep patterns are not interfered with by taking these supplements late at night, then this is all moot. If, however, you find that you're still feeling energized after taking these products prior to hitting the sack, I'd suggest taking 1-2 REM Caps prior to bed. This product will help you get to sleep quickly, and many of its nutrients are superb antioxidants, assisting you in your recovery.

I hope this helps answer your questions!
HN



**Want to join the discussion?
Join the Forum!**

Click 'Endurance Forum' under the 'Community' link on www.hammernutrition.com for info!

How we gotta play to satisfy the FDA

BY STEVE BORN

For better or worse (depending on your point of view), the Food and Drug Administration (FDA) has stepped up its intensity regarding both the type and number of regulations and mandates being imposed on the supplement/health food industry. We most definitely take these FDA requirements seriously (i.e., we always play by the rules), though it sure seems like we've been jumping through an ever-increasing number of hoops lately.

First, it was the change from utilizing an "expiration date" on most of our products to a "manufacture date." To recap, supplements were historically labeled with an "expiration date," "best by date," or "use by" date—usually four years from the time of manufacture—in accordance with the United States Pharmacopeia (USP) guidelines. However, current FDA's Good Manufacturing Practices (GMP) regulations now require that a number of our fuels and supplements display a "Manufacture Date" on the label. The exceptions to this regulation are Hammer Bars and Endurolytes Fizz; they will still list an "Expiration Date." All other Hammer Nutrition fuels and supplements will now list a "Manufacture Date" (oftentimes shown as MFG DATE). More detailed information about this particular FDA regulation can be found in the FAQ "Why do some of your products now list a 'Manufacture Date?'" in the KNOWLEDGE section at www.hammernutrition.com.

Now, recent FDA regulations require us to make some changes to the chocolate and espresso flavors of Hammer Gel.

Because of the acid and water content in these two flavors, the FDA considers them to be a "Low Acid Canned Food"—complete with an entirely different set of regulations and processes that go along with this classification. Of the two solutions available to us for remedying this "Low Acid Canned Food" classification, we only had one logical choice, and it was to increase the maltodextrin (complex carbohydrate) content and decrease the water content.

Making these alterations will qualify these two Hammer Gel flavors as a "Low Moisture Food," which exempts them from the numerous new regulations that the FDA would have imposed on them. The "catch" is that while the quality and integrity of these two flavors will not be altered in the slightest, they will be thicker in consistency. As many of you know, both chocolate and espresso are already somewhat a bit viscous as it is, so we suggest that a little water be mixed in your flask or bottle—thinning out the consistency a bit—when using either of these two flavors of Hammer Gel.

What will the FDA require that supplement/fuel manufacturers do next? Unfortunately, as much as we could use one, we don't have a crystal ball to know ahead of time. Needless to say, when new regulations or mandates arrive (as they surely will), we'll continue to take them seriously and we'll conform our products to meet these requirements. Of course, as soon as any pertinent information becomes available, we will let you know.

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Test of endurance through the Amazon

BY VANESSA GAILEY



It's doubtful that bags of Perpetuum have been seen before in remote areas along the Amazon River, but that is soon to change. Mickey Grosman, founder of The Amazon 5000-For the Cure, has set an ambitious goal to trek 5,000 miles through the mighty Amazon River Basin, across the treacherous Andes, down to the dense Amazon jungle. He'll be adding 800 miles on foot

and 4,200 river miles by kayak. Mickey's Amazon 5000 Expedition will go coast-

to-coast across the South American continent along the Equator, from the Pacific Ocean to the mouth of the Amazon River at the Atlantic Ocean, a route that has never been traveled before.



When Mickey put together his Amazon 5000 supplies "Wish



List,” Hammer Nutrition fuels and supplements were on it. We stepped up to assist with Mickey’s trek, a mission to raise awareness and funds to find a cure for cancer. A cancer survivor, Mickey announced his Amazon 5000 goal in March 2012, “I wanted to do something significant, to inspire hope in cancer patients and to encourage them to continue their fight despite unwavering obstacles.” Throughout this expedition, Mickey will be in constant communication via satellite video streams with the cancer community around the globe.

Mickey said, “I wish to inspire children and other cancer warriors. I will be facing extreme danger and miles of treacherous jungle that no one has ever crossed before, but with my will to survive, I will show them that the Impossible is Possible!”

Multiple cases of Perpetuem, Endurolytes, Hammer Gel, Energy Surge, and Premium Insurance Caps were sent to Mickey’s support crew to ration throughout his year-long expedition. His journey began April 20.

Mickey is no stranger to surviving in brutal circumstances. He gained extreme survival skills during his years serving in an Airborne Special Operations combat unit, and has years of experience in the Amazon jungle. In fact, Mickey has been guiding civilians out into the wild of the Amazon for several years with his privately owned business, Eco-Planet Adventures (ecoplanetadventure.com).

“It is out in the jungle, in the middle of nowhere, where you really learn about yourself,” says Mickey. “My expedition will take me across paths that have never been explored by man before.” Fans will be able to follow the expedition on his website, www.amazon5000.com, and get updates on Facebook and Twitter. **HN**




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Early season injuries: Start slow to finish strong

BY SCOTT GAISER

... I eventually stopped at a local church—not to pray or to ask for forgiveness for my stupidity or language—(though that would have been in order), but to call my wife to humbly ask if she could come get me . . .

It is amazing to me how a minor injury can have a huge effect in so many ways—physically, emotionally, and spiritually. After months of investment in training and time, even a minor injury can cause a great deal of concern. Your worst fear is that you will never fully recover, and even if you're not so pessimistic, you worry about how much you will be set back with each day removed from training.

Feeling confident that I was doing everything right in this year's training for Ironman Coeur d'Alene, by the end of February I felt that I had established a solid fitness base. I had been stretching daily, incorporating strength training and yoga into my weekly routine, and using the Compex NMES often. I even forced myself to observe scheduled rest days.

Then, during the first week of March, disaster struck. In the final weeks of the "build" sessions of my training plans, I was feeling great. Spring was just around the corner, and the opportunity to get off the bike trainer and treadmill was so close. I even won the masters division of the annual Snow Joke Half Marathon in Seeley Lake, MT—without the assistance of my yellow Labrador Lucy, who in years past had helped to "pull" me to the finish line.

Even my job responsibilities seemed to be leaning in my training favor. The Columbia Falls High School boys basketball team, a perennial basketball powerhouse, qualified for the Montana Class A state championship and as assistant principal, I would be traveling to the boys state basketball tournament in Butte, one of my favorite cities for running.

Though I would have to make some minor adaptations to my weekly training plan, I found myself looking forward to the Butte trip. My training that week called for a 75-minute run on Thursday, a rest day on Friday, a long bike on Saturday, and a long run on Sunday. I did consider bringing my bike and trainer to Butte to stay on schedule, but upon further reflection this seemed a little over-the-top in the obsessive/compulsive category.

The Wildcats' semifinal win on Friday left me with plenty of time before their 8 p.m. game on Saturday for a long run through the historic neighborhoods of Butte. With

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my iPod set to my favorite tunes, I headed out on a two-hour, easy distance run. I ran past the Berkeley Pit (described as one of the most polluted sites on earth), numerous mine derricks, and many ornate old buildings. I climbed thousands of feet to reach an area overlooking Butte. The arduous ascent finally leveled out as I entered the city limits of the historic district of Walkerville. After more than an hour of almost steady "up" it was time to turn around. After an initial steep downhill, I came to a relatively flat stretch of running path, a nice relief to my overworked legs and calves.

Feeling good I picked up the pace, anticipating putting it on cruise control back to the hotel. However, out of nowhere I felt an odd strain in my left hamstring and then a sharp pain. I stopped and tried to stretch, hoping this weird muscle hitch would go away. Attempting to run again, it became obvious that I had pulled my hamstring. After an exasperating hour and a half of walking, limping, trying to run, and then walking again, I made it back to the hotel. I then immediately took some ibuprofen and began to ice my hamstring.

Initially, I hoped this was just a minor aberration that would miraculously be gone when I woke up the next morning. However, as time went on with no improvement, my feelings of frustration, anger, worry, and irritation only increased. I feared that all of my hard work was down the tubes. God bless my wife, who had to hear what probably seemed like constant complaining, as well as hourly updates on how my hamstring was feeling. Fortunately, I could still bike and swim with little pain.

After a week of no running, icing at lunch and at night, stretching, compression with an Ace bandage wrap, and extra doses of Hammer Nutrition's Tissue Rejuvenator two times a day, I felt like my hamstring was much improved; I was hopeful that I could run again. I had only missed a few scheduled running workouts, but it felt like an eternity. As I saw each run in my training schedule go by undone, my anxiety increased.

Though my main focus was on Ironman at the end of June, I had registered to run in the Rudi's Half Marathon in Boulder, Colorado on April 1, and being able to run gained increasing importance. I hoped biking could substitute to a certain degree for running, so I added bike workouts in place of my scheduled runs.

One day in March, my training plan called for a 70-minute run with 4-by-7-minute tempo-type intervals. The hamstring felt pretty good so I ventured out, promising myself to start slow. Unfortunately, impatience and stupidity got the best of me. Feeling great, probably because of some beneficial rest, I decided to pick up the pace after about 20 minutes to try to mimic the tempo sets. Feeling a little tightening, I completed the first set. After a minute, I picked up the pace again and that odd feeling and sharp pain slapped me in the back of the leg once again. I stopped immediately, said a few choice expletives, and began a reflective, thoughtful walk back home. I eventually stopped at a local church—not to pray or to ask for forgiveness for my stupidity or language—(though that would have been in order), but to call my wife to humbly ask if she could come get me.

The following week I again faithfully practiced my earlier recovery routine: icing, stretching, using the foam roller, and downing the Tissue Rejuvenator. After a week, my hamstring was feeling much better. This time I eased into running. Taking things at a slow and controlled jog, I would slow way down or begin to walk at any twinge of pain. As I began the prescribed workouts, I did them at the gym on the treadmill with a neoprene thigh sleeve in place.

Considering my injury, I was out of commission for a very short time. But when you're focused and in a training groove, an injury makes the days feel like weeks and an event that is months away seems increasingly imminent.

By the time spring break and the Boulder Half Marathon arrived, I felt ready to go. I wrapped both thighs in neoprene sleeves, covered by my tri shorts for added compression. (This is not the look I normally go for, nor do I recommend it for the fashion-conscious runner, but it served its purpose of supporting my "hammy" and keeping it warm.) I ran without any mishaps and in my cautious state, ran an uncharacteristically smart

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Hammer Nutrition-sponsored athlete Scott Gaiser logs some training miles with faithful companions Hank and Lucy. Photo : Heidi Gaiser



race. I had a negative split—I rarely have the patience in the early part of the race to do that—and won my age group. Stupidity may have its rewards.

Another training highlight of my spring vacation in Colorado, in addition to the many warm days, sunshine, and the opportunity to bike outside, was the wonderful opportunity, thanks to my sister-in-law Toni, to join her Elite Multisport Coaching triathlon team in a swim workout. How truly lucky this great bunch of athletes is to be coached by 2004 Olympic triathlon bronze medalist and recent overall age group national champion, Susan Williams. To have someone of Susan's caliber teaching you in person takes training to another level. As I think of the hundreds of lonely hours I spend in the pool and on the road each year, I am a bit envious of the camaraderie and positive energy evident among Susan's disciples after I experienced the encouragement and strength of fellowship (working out) with others who share my passion.

Reflecting back on my recent ordeal, I'd like to share a few things that I learned. First, when you are injured, chill out! Be patient . . . your body probably could use a break anyway. Do all that is necessary to properly treat the injury and know that you are not going to lose your fitness overnight. Second, don't forget the glutes! Despite everything else I thought I was doing right, I had neglected a muscle group notoriously weak among runners and triathletes, which had already been a factor in some of my previous injuries. It is certainly easier to place the Compex sticky pads on the front of my legs than trying to place them on my butt, but now I know it is worth the hassle. I am also doing various exercises (clams, back leg lifts, hip raises, etc.) to strengthen my glutes.

Hopefully my hamstring will hold up as I head into the "intense" phase and the real Ironman training begins. Intensity plus volume will be the order of many days, and I am leery of a reoccurrence of the injury. But I am optimistic that, because of lessons learned, I will be well-prepared for Ironman Coeur d'Alene on June 24 and my injury will be nothing but a vague memory.

Thanks for reading. **HN**

How much water do I need when using Endurolytes Fizz?

BY STEVE BORN

This is the most frequently asked question we receive when giving out samples of Endurolytes Fizz from the expo booth at the many events we attend. Unfortunately, there is no "set in stone" answer for this question, is because everyone's fluid and electrolytic mineral needs will be different.

With that said, we suggest an hourly dose of fluids ranging between 20-25 ounce/hour. For lighter weight athletes or athletes exercising in cooler conditions, 16-18 ounces/hour should be sufficient. For larger athletes or those exercising in hot-weather conditions—especially if the athlete is not acclimated to those conditions—up to 28 ounces of fluid hourly may be necessary.

Electrolyte replenishment is the area of fueling that arguably requires the most fine-tuning and continual adjustment. This is because many variables come into play in determining how much electrolytic mineral support is necessary. These variables include:

- The athlete's weight
- The athlete's fitness level
- The athlete's biological predisposition (e.g. some athletes are naturally "heavy sweaters")
- The weather conditions
- How well or poorly the athlete is acclimated to the weather conditions

Generally speaking, we suggest ½ of an Endurolytes Fizz tablet (which, by the way, is equal to 1 Endurolytes capsule or 1 scoop of Endurolytes Powder) per 50-60 pounds of body weight per hour, mixed in

the appropriate amount of fluid, as previously suggested.

So while there is no "one size fits all" answer regarding fluid intake and electrolyte replenishment, if you follow these general recommendations—keeping in mind that adjustments may be necessary for both fluid and Endurolytes Fizz amounts—you'll definitely be heading in the right direction!

HN



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FROM THE
KITCHEN OF
**LAURA
LABELLE**

Greek Quinoa

By Bill Sirl, Hammer Nutrition Client Advisor

- 3-4 cups water or vegetable broth
- 1 1/2 cups quinoa, uncooked
- 1/4 cup apple cider vinegar (you may use any flavor you prefer)
- 2 cloves garlic, minced
- Juice from one lemon
- 3 tablespoons olive oil
- 1/2 cup kalamata olives, sliced if desired
- 1/3 cup fresh parsley, chopped
- 1/3 cup fresh cilantro, chopped
- 1 red onion, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped artichoke hearts (optional)
- Salt and pepper to taste
- 1/2 cup crumbled feta cheese

In a medium saucepan, cook quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.

In a large mixing bowl, gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa.

Add more salt and pepper to taste and gently stir in the feta cheese.

You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas, or diced bell pepper.

For Greek Quinoa Stuffed Bell Peppers: Cut tops or sides off peppers, fill with above quinoa mixture, and bake at 375° for 25-30 minutes. The remainder of the filling can be served cold as a side dish at later date.

Vegan Egg Salad

By Bill Sirl, Hammer Nutrition Client Advisor

- 1 block firm tofu (drained)
- 2 tablespoons diced celery
- 3 tablespoons diced onion
- 2 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon dill
- 1/2 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon parsley
- 1 teaspoon paprika
- 1 teaspoon salt (optional)
- 1 tablespoon apple cider vinegar
- 1 tablespoon mustard
- 2 teaspoons honey
- 1/2 teaspoon turmeric
- 2 tablespoons Veganaise® (optional)

In small bowl, combine mustard, honey, turmeric, and apple cider vinegar. Set aside. Crumble tofu into medium mixing bowl. Add celery, onion, cayenne, black pepper, salt, paprika, parsley, dill, and nutritional yeast. Mix with fork. Add mustard/honey/vinegar/turmeric mixture, and combine with fork. Add Veganaise® if desired. Refrigerate for at least one hour.

Apple and Avocado Salad

SALAD

- 1 head butter lettuce
- 3 Belgian endives
- 1 large crisp apple
- 1 avocado, peeled and pitted
- 1 teaspoon fresh dill, minced (or dried dill)

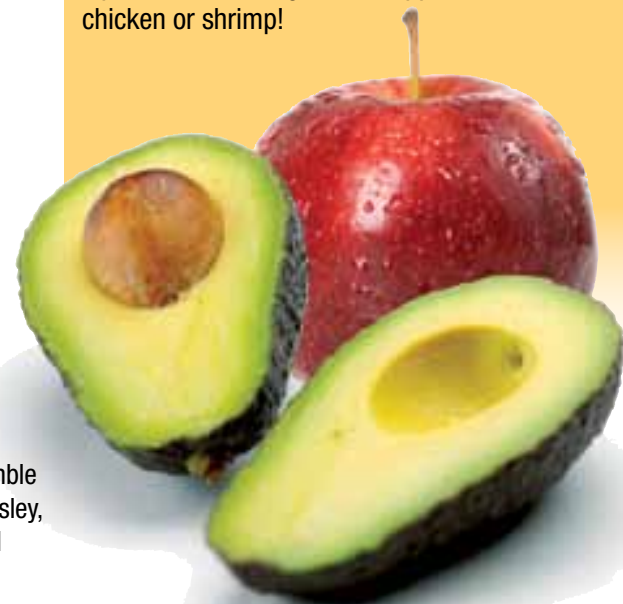
Clean and shred lettuce, and cut endives crosswise to make small ribbons. Peel and cube the apple. Dice avocado. Mince dill. Toss all in large bowl.

DRESSING

- Juice of one large lemon
- 1/4 cup olive oil
- Salt and pepper

Mix lemon juice, olive oil, salt, and pepper. Drizzle over salad, toss, and enjoy a wonderfully refreshing salad.

Tip: Delicious with grilled, chopped chicken or shrimp!





Perpetuem Solids

They go in your mouth, not in your bottle!



BY STEVE BORN

After the last two events I've been to—the HITS Triathlon Napa and Sea Otter Classic—by far the question most frequently asked by people sampling Hammer Nutrition products at our booth is in regard to Perpetuem Solids: “Do these go in your water bottle?”

And it's a valid question to ask. However, just to make sure that readers of Endurance News know this (and if you could share this information with your friends, we'd be most appreciative!), Perpetuem Solids DO NOT go into your water/fuel bottle; they are a chewable energy source. If you put a Perpetuem Solids tablet into a bottle of water, you're going to have to wait a long, long time before it dissolves. So remember, Perpetuem Solids are to be chewed, not dropped into your water bottle. (That's what you do with Endurolytes Fizz!)

So how do I use Perpetuem Solids?

While Perpetuem Solids can be used as your sole source of calories, they're really meant to be a part-time, solid-food source of calories, designed primarily

to augment your use of the Hammer Nutrition liquid fuels, helping you reach your targeted hourly caloric total during exercise/competition, especially during those lasting more than two hours. Each tablet contains 33.3 calories, or roughly 1/4 scoop of Perpetuem powder. If you're a larger athlete, such as I am, you'd have to chew quite a few tablets to fulfill your hourly caloric needs using Perpetuem Solids only. I don't know about you, but my jaw would be worn out after chewing six or more of them every hour! So my advice is to use Perpetuem Solids as a solid food “diversion”—a healthy snack, of sorts—when going all-liquid during your long workouts and races.

The best way to deal with the tablet size is to not chew and swallow the entire tablet at once. Instead, put the tablet in your mouth in between your cheek and gum, and then break it into smaller chunks; you'll find that doing this is almost effortless. Once chewed, the tablet will—at least to some degree—create a semi-paste-like consistency, some of which may stick to your teeth (think of it as being a little food for later!). Seriously, this is something

that, all things considered, we believe is a minor inconvenience, especially compared to gelatinous chew/cube energy products, that are loaded with refined sugar.

Like any solid food source, you will need to wash Perpetuem Solids down with water or liquid fuel from your hydration source. Some athletes have commented that they've found them to be a bit hard to get down; however, the overwhelming response we've received from athletes who have used Perpetuem Solids is that this is not a significant issue at all. The key is to consume them during periods of reduced intensity (not in the middle of a tough climb or during a sprint!) and, as mentioned earlier, to eat them gradually—chipping away at them, not trying to consuming the entire tablet at one time.

Although Perpetuem Solids is quite a departure from our usual lineup of fuels, we think that it definitely deserves a place—and fulfills a need (the need to chew, not constantly drink, your fuel)—in our product line. The longer Perpetuem Solids has been available, the more positive the feedback we're receiving. So if you've not yet tried Perpetuem Solids, you really should. It is a great fuel when used as suggested. Just remember: Don't put them in your water bottles . . . eat them! **HN**





ASK DR. BILL

From the archives of Bill Misner, Ph.D.

QUESTION:

Which supplement can help reduce upper respiratory bacterial infections?



Steve's Note: This is a very interesting article regarding one of the beneficial effects that "good" bacteria supplements (a.k.a. probiotics) provide. In the nutrition world there's a well-accepted train of thought that suggests "Disease begins in the gut." With that in mind, take special note of what Dr. Misner says in his comments regarding probiotic supplementation for enhanced immunity and accelerated recovery. Both are important all year long and especially now, when training volume has increased and supporting optimal immune system function and maximizing recovery are of primary importance.

ANSWER: Strep, staph, and the other bacteria that cause sore throats, sinus infections, severe gastric stress, pneumonia, or influenza typically challenge the immune system through airway passages. If the immune system is strong, then getting a "bug" may

be avoided. If we do get a "bug," the severity of sickness will be remarkably reduced by a strong immune system. As a bacterial reservoir, the nose may harbor potentially pathogenic bacteria (PPB), such as *Staphylococcus aureus*, *Streptococcus pneumoniae*, β -hemolytic streptococci, and *Haemophilus influenzae*. In patients carrying PPB, antiseptic regimens can be crucial for infection control after major operations on or injuries of the head, nasal sinuses, or lungs. Such regimens may also be important for diabetic patients and persons receiving hemodialysis, in intensive care units, or with impaired immunity due to various other causes. In a 2002 Swiss study, researchers tested a possible effect of the ingestion of probiotics on the bacterial flora of the nose. In an open, prospective trial, 209 volunteers were randomly assigned to consume either a fermented milk drink containing probiotic bacteria [65 mL with *Lactobacillus GG* (ATCC 53103), *Bifidobacterium* sp B420, *Lactobacillus acidophilus* 145, and *Streptococcus thermophilus*; n = 108] or standard yogurt [180 g; n = 101] daily for three weeks. Nasal microbial flora were analyzed on days 1, 21, and 28. The microbial examination was blinded to the source of the samples. The researchers found a significant 19% reduction in the occurrence of nasal potentially pathogenic bacteria in the group who consumed the probiotic drink but not in the group who consumed yogurt. The effect was mainly on gram-positive bacteria, which decreased significantly. These results indicate that

regular intake of probiotics can reduce potentially pathogenic bacteria in the upper respiratory tract. The results also indicate a linkage of the lymphoid tissue between the gut and the upper respiratory tract [1].

COMMENT: Everyone should take probiotics, not only for digestive health and nutrient absorption, but also for enhancing their immune system, which accelerates recovery and enables resistance against catching the "bug." Bacteria rapidly proliferate inside the warm, moist 100-degree gut cavern. Extraordinary proliferation of "bad" bacteria reduces immune system strength, which may also be stressed from exercise. When the immune system is exposed to exercise, "bad" gram-positive or gram-negative bacteria proliferate more rapidly against the "good" bacteria, resulting in an imbalance in the "good-to-bad" bacteria ratio. As the optimal/healthy ratio deteriorates, reduced immune response may predispose us to catch a "bug" and/or inhibit our rate of recovery. If a strong probiotic is not taken to replenish "good" bacteria, the chance of catching an upper respiratory infection from pathogenic bacteria such as *Staphylococcus aureus*, *Streptococcus pneumoniae*, and *{beta}-hemolytic streptococci* is a whopping 19% greater!

In my opinion, the best probiotic supplement on the market is iFlora (made by Sedona Labs and available through Hammer Nutrition). Each capsule contains an outstanding amount of 16 billion active probiotic cells from 16 different probiotic strains. **HN**

REFERENCE: [1] Am J Clin Nutr 2003;77 517-520. (Note: The complete article and study abstract is available at www.ajcn.org/content/77/2/517. full.)



iFlora or Digest Caps – Which one should I use?

Each capsule of iFlora contains 16 billion “good” bacteria probiotic cells from 16 different probiotic strains. Each capsule of Digest Caps contains 2 billion “good” intestinal bacteria from four different probiotic strains.

After a course of antibiotics (when ALL bacteria, both good and bad, are destroyed), or when extra strength support is needed—after an illness or during periods of high-volume training are good examples—a dosage of two iFlora capsules per day for 2-4 weeks super-saturates the body with a wide range and high amount of healthy bacteria. This allows ideal recolonization of healthy bacteria in the intestines and colon.

Once this 2-4 week course is completed, you can certainly continue with iFlora; however, at this point even one capsule of iFlora provides amounts that may not be necessary. Additionally, iFlora is more expensive than Digest Caps (\$25.95 vs. \$16.95 per 60-capsule bottle). Therefore, a good protocol to consider is using iFlora for 2-4 weeks and then switching to a daily dose of Digest Caps for maintaining optimal intestinal health and immune system function. **HN**



Hammer Nutrition's Fueling 'Mixologists'

All of the Hammer Nutrition fuels are completely compatible with one another, so you can use them interchangeably as desired. This is especially beneficial in ultra-endurance events as it provides a greater variety of quality fuels to choose from. As long as you adhere to the basic fueling guidelines concerning calories and fluid intake per hour, and consume an adequate amount of electrolytes hourly, you can mix and match Hammer Nutrition products to dial in fuel and flavor preferences. As an example, by combining your favorite flavor of HEED with an Endurolytes Fizz flavor, you can alter the flavor and increase its electrolyte profile—without adding calories or altering your HEED hourly dosage. With so many flavor options of HEED, Endurolytes Fizz, and Hammer Gel, the possibilities are endless!

To assist you in discovering your favorite combo, we've called upon our team of knowledgeable Client Advisors and other Hammer Nutrition employees who put the products to the test in their daily training and pursuit of personal fitness. **HN**

Katey:

Strawberry HEED + Peach Fizz
Melon HEED + Peach/Mango Fizz
Raspberry Gel + Chocolate Gel
Orange Gel + Chocolate Gel

Levi:

Mango Fizz + Sustained Energy (*Hint: Let Fizz dissolve before adding SE, as SE inhibits effervescence.*)

2 scoops of Chocolate Recoverite + 1 scoop of Chocolate Whey

Vanessa:

Mandarin Orange HEED + Unflavored Fizz (keeps the flavor light and adds electrolytes)

Hammer flask with 3 servings of Raspberry Gel + 2 servings Espresso Gel

24 oz. water + Montana Huckleberry Gel (dissolves completely and makes a light, refreshing short-distance fuel)

Kadidja:

Strawberry HEED + Mango/Peach Fizz (for extra calories, add Banana Hammer Gel!)

Ry:

Strawberry HEED + Lemon-Lime Fizz = Strawberry Lemonade

Brian:

Strawberry Perpetuem + Lemon-Lime Fizz = sweet and sour!

The 3-Hour Bomb: 21 oz. bottle, water, 4 scoops Caffé Latte Perpetuem, and a shot of 53x11 Coffee espresso

Steve:

1 scoop of Strawberry Recoverite + 1 scoop of Chocolate Recoverite

Banana Gel + Espresso Gel
Orange Gel + Vanilla Gel

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NATE'S CORNER

BY NATE LLERANDI

When to push, when to back off

Steve's Note: I find that the best advice for enhancing our fitness is oftentimes the simplest. I also believe that some of the best advice is usually timeless. I'd say that's the case with this edition of "Nate's Corner," which I first received as a "Tip of the Week" email from Nate almost ten years ago.

No matter what daily flow you follow during your training weeks, some of those days will be hard training days while others are easy. Sometimes we feel great going into hard workouts/hard days, and sometimes we feel pretty cruddy. So what should we do on those days on which we feel less than stellar?

My suggestion is to start your hard workout as planned. Sometimes our best workouts happen on days when we feel awful. And sometimes our worst workouts come on days when we feel invincible. Last week, I trained really hard on Monday through Thursday. On Wednesday I felt pretty good, but on Thursday I was sore and my workout was OK, but a little subpar. I expected to feel more run down on Thursday, so that didn't surprise me. But I wondered what I should do for Friday, which was another planned hard day.

My legs were fairly sore and I felt old beyond my years, but I knew that I should be sufficiently recovered to put forth a strong effort if I gave myself the chance. So I forged ahead with Friday's first workout as planned. While my legs were still sore, my speed was right where it needed to be, given the effort of the workout, and I felt strong. It turned out to be a solid session and I'm glad I didn't bag it. However, had I begun the hard workout and started to flag, I would have turned it into a recovery

workout or stopped altogether. This is the distinction you have to make to become a more successful athlete. Some of us think that a solid training program means we won't experience any fatigue or soreness because we've properly balanced the hard days with the recovery days, and hard weeks with easy weeks. Wrong! Fatigue and soreness are components of any workout plan. Differentiate between "good" pain and "bad" pain. "Bad" pains, such as those in joints, are the ones we want to avoid. "Good" pains, such as lactic acid buildup during challenging workouts or overall fatigue during long workouts, help our bodies adapt to workloads so we can handle harder/longer training and thus race better than before.

Learn to cope with discomfort, learn when you need to forge ahead with a planned workout, and more importantly, learn to recognize when you need to ease off the throttle so you can live to fight another day. **HN**

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FROM OUR ATHLETES

Pit Row

Wes Miller

Wes Miller catches air during the San Felipe 250.

Photo : Kristen Matlock



Lee Rogers

After round 4 at Hollenbeck Farm of the NEOC race series, Lee had this to say . . .

"This was the most technical course I've ever raced as it was covered in mud, rocks, and roots, and was very steep. Long story short, adrenaline and HEED got me through the day."

Lee Rogers, Owner of Bicycle Therapy, Philadelphia, PA. Photo : Tanner Thomas

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Making the leap

Intro by Dustin Phillips

As with any sport, when an athlete makes the decision to jump from the amateur to pro ranks, there will be a learning curve. The amateur process is designed, in part, to prepare the athlete for that transition; even so, that leap can be too large for even the most successful amateurs.

This year, Hammer Nutrition lent a helping hand to two rising stars competing in the AMA Supercross circuit. Both riders have experience at the top amateur levels, as well as in top pro level European racing. I had the chance to chat with both of them to hear some of the trials they've faced in their transition. All of the preparation and development didn't quite prepare them for the long days of racing in what has turned out to be a rather successful first year in the pro level circuit.

Michael Leib and Austin Politelli have offered to share their individual experiences in a behind-the-scenes look at their 250 East/West Coast race season. Enjoy!



MICHAEL LEIB

The folks at Hammer Nutrition have asked me to give some insight into what goes on behind the curtains of Supercross. Honestly, I didn't know much about it myself until this year. Ever since I can remember, I have dreamt of racing SX and having a career like I do now. That said, SX is kind of a different animal than I had anticipated.

I would say that the biggest thing is how long a day of competition actually is. You show up at the track by 8:30 a.m. and leave at 11 p.m., and you would think that there would be a lot of downtime, but it is practically a nonstop, action-packed day. Finding time to eat is not the easiest thing in the world, so during practice I

literally depend on Hammer Bars and HEED to get me through the day.

Before racing, we head through the tunnels and onto the stadium floors for opening ceremonies—which I love to watch. It is a good way to get the blood pumping! Before you know it, you're on the line of your first heat, and in a flash the gate drops. It is amazing how much you can hear the fans in the stadiums cheering and the announcer screaming through the microphone. I wouldn't trade it for the world and can't wait for the next race every week!

Thanks for taking a few minutes to see things a little bit through my eyes, behind the scenes of my love and passion for SX. See ya at the races! **HN**



AUSTIN POLITELLI

My rookie year at Supercross has been a great one. I have learned a lot about myself and this crazy sport. Competing at this level has been my ultimate goal since I started riding, but my eyes were opened this year. Race day is crazy in so many ways.

The morning of race day is chaotic. When you are a privateer, you are on your own—no team manager to have food prepared, no massage in between motos, and certainly no big motorhome to escape the heat or cold of the day. My dad plays the role of team mechanic, manager, and pit crew. The day moves so fast that by around 5 p.m. you start to get tired; in fact, you sometimes forget to eat and you have to remind yourself to drink. This is when I tell myself that I have worked too hard to lose focus now and remind myself that this is what I love to do.

At the night show you get to go do what you love. This sport is not easy, but I would not change anything about it. I know that all of the hard work will pay off. Hammer Nutrition has been such a major part of my program; the products are effective and they help me make it through my crazy day. I know that without all of the supplements, Hammer Bars, and HEED, I would not be doing as well as I am. Thanks again for all of the support! **HN**

Pit Row cont'd



Gunnar Thompson

Six-year-old Gunnar Thompson stops by the Hammer Nutrition HEED fueling station after winning the 50cc junior main event at the Glacier Classic Arenacross in March. He celebrated one year of racing in May!

Photos : Casey Becker



Even though the weather outside stayed true to typical Montana spring rain and chilly temps, the atmosphere inside Majestic Valley Arena in Kalispell, MT was high-powered and action-packed for the March Glacier Classic Arenacross. Hammer Nutrition employees Dustin Phillips, Casey Becker, Austin Roehl, and Josh Fauske manned the Hammer Nutrition booth, supplying much-needed HEED to the 'cross riders there to compete in Pee Wee to professional classes. When local motocross rider and Hammer Nutrition-sponsored Rob Farrington claimed 1st in the Vet Class, it was all smiles and a celebratory HEED toast at the Hammer Nutrition tent.

"I enjoy and agree with Hammer Nutrition's creed "Fuel Right, Feel Great!" When training or competing in endurocross, arenacross, or enduros, I always bring Hammer Nutrition products with me. Bike? Check! Helmet and boots? Check! Gear? Check! Hammer Nutrition? Check! When racing every race on the Montana enduro circuit, eight endurocross races, and five arenacross races, plus training 3-4 days a week, you need the right fuel to keep you going.

I spend as much time conditioning as I do money on my bike to keep it in top running condition. I may not be the most skilled rider out there but I know that I am better fueled and better conditioned

than most. I concentrate on HEED and Endurolytes for the races, supplementing with Hammer Bars and occasional Perpetuem, and then wrapping the training or race up with Recoverite. Being new to racing, I have been very lucky to bring home 1st place trophies. I feel that races are mostly won off the track or course—with the time and training you put in for practice. You just can't sustain a high level of training without fueling right, and Hammer Nutrition products complement my organic and healthy eating habits."

Rob Farrington,
Hammer Nutrition-sponsored athlete
(after his 1st place finish at the Glacier Classic Arenacross, Kalispell, MT in March)

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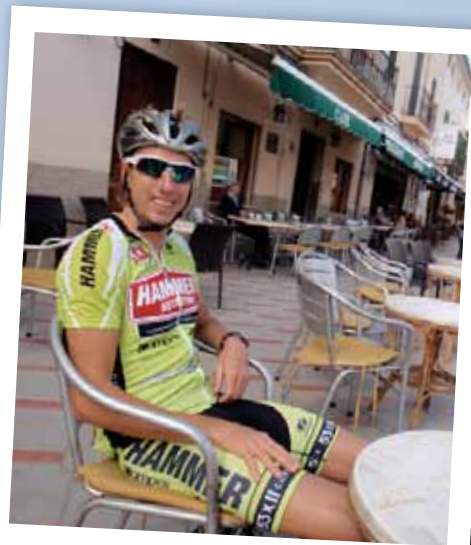
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Photos : Owen Gue



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Brewing for success

BY RY WATKINS



At 53x11 Coffee, we're not only known for distributing the best micro-roasted, Fair Trade Certified, 100% organic coffee beans available, but also for promoting coffee and brewing education. We feel that this unique combination of quality products and education is what allows our customers to extract the full value from each bag of premium 53x11 Coffee they receive. In this article, we will discuss our recommendation for the single best way to consistently brew a premium cup of 53x11 Coffee: the pour-over technique.

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We consider the brew-top system to

be an elite brewing method and feel it should be part of every serious coffee drinker's arsenal. This is why we are now including a complete pour-over system (a mug-top coffee brewer, natural brown filters, and a signature 53x11 Coffee mug) with each new 53x11 Coffee of the Month Club membership! Join today, get exclusive member benefits, and enjoy the ultimate convenience of having world-class organic coffee, micro-roasted and delivered fresh to your door automatically each month!

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Drink up, enjoy, and ride ready! **HN**



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- Lisa H.

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"I start every day with a healthy dose of espresso and had used just about everybody's best beans for this along the way. I just got my Chain Breaker yesterday. Though I was initially concerned because the smell of the beans was really robust, **the taste made me a believer and I can honestly say it's the best espresso I've ever had.**"
- Ernst L.

"If you like bold coffee, look no further. If you like very freshly roasted coffee, look no further. **If you like dependability and the best service around, look no further.** 53x11 Coffee is your last stop!" - Steve L.

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Swim Nationals recap

Hammering in North Carolina

BY LAURA LABELLE

After a 20-year hiatus, the 2012 USMS Spring Nationals returned to North Carolina where swimmers tested their spring training at the 80,000-square foot Greensboro Aquatic Center, the country's newest major aquatic center. Thirty-eight national records were broken at the 4-day event, including top performances by established USMS competitors and several USA Swimming national team members who attended nationals as preparation for the Olympic Trials. I was there with Compex expert Jim Bruskevitz to share some fueling knowledge and Hammer Nutrition products with the field of tough competitors.

"Greensboro" lived up to its name. As we prepared for landing, I was struck by how lush and beautifully green the city appeared from an aerial view, in contrast to my urban hometown of Los Angeles. We wasted no time getting out of the airport and headed straight to the Greensboro Aquatic Center to get in a swim before competition began—and before Hammer Nutrition's sponsorship of the 2012 USMS Spring Nationals kicked off in full swing April 26-29.

While Thursday was nice and calm at the Hammer Nutrition booth, Friday through Sunday proved to be a wonderful deluge of swimmers who were seeking fueling advice and Compex

muscle stimulation demonstrations.

As the Hammer Nutrition swim ambassador, I have been at USMS national events since our debut three years ago in Atlanta. I cannot count the numbers of swimmers who have switched to Hammer Nutrition products for their fueling needs, and how many came back to the booth at later events to share their success stories with me. The master swimming community is an amazing family of the warmest, most loyal people. It has truly been a privilege to get to know them on a first-hand basis and share all the benefits of Hammer products with them.

In Greensboro we shared samples of our delicious, all-natural Hammer Bars, and Hammer Nutrition's resident Compex expert Jim Bruskevitz was there to give Compex demonstrations and answer questions. Hammer Bars were a huge success; of the several hundred samplers, there wasn't one complaint, but there were many rave reviews. It was hard to keep up with the demand for samples! Compex was a gigantic success, and many athletes reaped the benefits and therapeutic advantages Compex between events. To the right, along with their photos, is what some of them had to say about our products and the Compex units. **HN**



"I dropped 10% in every event, placed 8th or better, and scored points using HEED and Hammer Gel." - Jim Osborn



"I had great swims after my Compex session, no stiffness today. Thank you very much Hammer Nutrition!" -Mark Gflass



Four-Time National Champion
 "I always fuel with Hammer Nutrition and love the swim cap you gave me in Atlanta. I still use it every day!" - Buddy Reed



"I was introduced to Perpetuem Solids at Auburn and now I am hooked. Thank you, Hammer Nutrition!" - Emma Flinn



"I have very sensitive skin and I use the Pelle Eccellente on my face. My skin feels wonderful. I love that it is all natural."
 - Devette Sawyer-Houston

"Hammer Nutrition keeps me going and I love that you support Masters swimming." - Craig Ammon

Pocketing cash at the pool

Hammerbuck\$ at Spring Nationals

2012 USMS Spring Nationals (Short Course Nationals), Greensboro, NC, April 26-29, 2012

(Look for more winners in the next issue!)



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Bob Strand, Men's AG 65-69
 100 Yard Breaststroke Finals 1st
 50 Yard Breaststroke Finals 1st



\$1,000 cash

Betty Veater, Women AG 65-69
 1000 Yard Freestyle Finals 1st
 100 Yard Breaststroke Finals 1st



Jim's accomplishments are many, and they are undeniably brilliant. Check out this resume:

- *Two-time World Triathlon Age Group Champion*
- *Seven-time Triathlon National Age Group Champion*
- *Second Place Age Group – Ironman World Championship (Kona)*
- *Age Group Course Records set at Ironman Wisconsin, Wildflower Triathlon, and Muncie Endurathon*

Athlete Spotlight

Jim Bruskewitz

INTERVIEW & INTRO by STEVE BORN

These days, most Hammer Nutrition clients know Jim as our Compex expert. However, anyone who has ever competed with him—or simply tried to keep up with him on a bike ride or run—knows (and I mean KNOWS) that Jim is one heck of an athlete.

Although we had corresponded many times, I first met Jim face-to-face at the 2005 USA Triathlon National Age Group Championships. I was there working a Hammer Nutrition booth at the indoor expo, and Jim was there to compete. During packet pickup he came over to the booth, introduced himself, and asked if he could help me manage/run the booth.

My first thought (aside from, “I could never hang with this guy up a long climb”)

was just how polite and thoughtful he was. I thought, “He’s here to race and should be focusing on that. Still, he’s willing to put in a few hours at the booth to help me? What a rare individual he must be!” And he is just that, a rare individual, with another reason being that he is the very definition of “humble.” I mean, look at this guy’s accomplishments; he has every right to brag about them! And yet, for as long as I’ve known Jim, he’s almost never talked about any of them, amazing as they are. I am psyched to call Jim not just a coworker, but a lifelong friend . . . he’s truly one of nicest, most low-key people you could ever meet. It is an honor to have Jim Bruskewitz as our “spotlight” athlete for this issue of Endurance News.

STEVE: Jim, we’ve just finished working together at two events, the HITS Triathlon Series and the Sea Otter Classic, and it was a blast being able to hang out with you (and Mike Freeman). What were the things that stood out the most for you after attending (and experiencing) both of these events?

JIM: What stood out was the magnitude of it all. I’ve directed races and have some idea of what is involved trying to pull it all together, but seeing all that you had to do to coordinate the Hammer Nutrition booths really impressed me. The events themselves, particularly the Sea Otter Classic, were so well orchestrated. I’d been forewarned about the work we would do, so getting frazzled was what I expected.

STEVE: You seemed especially busy at the

Compex booth during the four-day Sea Otter Classic expo. It’s as though once you had a “willing volunteer” hooked up to the Compex experiencing the “Active Recovery” program, that really piqued the interest of a lot of people. What was the experience like? Were most people initially skeptical? If so, what was their response after doing a Compex demo?

JIM: When someone is hooked up to a Compex and their muscles are jumping, it gives the casual observer pause. Once hooked up, many started laughing because their muscles were contracting without a conscious effort. Interest was piqued and kids as well as some older than I—heck even older than Mike Freeman (heh, heh)—decided to give it a try. I had a number of repeats by those

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racing multiple days. There wasn't a single individual who wasn't impressed. They wanted one for themselves.

STEVE: I realize these are pretty loaded questions, but if at all possible, can you explain in a nutshell:

- 1) What makes the Complex such a valuable training tool and why serious athletes should own one?
- 2) What it is that the Complex does and how it works?
- 3) What are the benefits that athletes can expect when using the Complex consistently?

JIM: That is loaded! I should try and write a book. Regarding your first question, the Complex does a better job of doing some things that all serious athletes want to do. The "Active Recovery" program certainly helps a

muscle group recover more quickly. Not only will this program greatly assist in flushing out all of the muscle wastes that don't do us any favors, it helps produce endorphins that make the muscle feel better and relax, so the muscle can "let go" so to speak. Another Complex program provides a terrific warm-up before a race or workout. Other programs help to build strength more effectively than traditional strength building exercise. The Complex does this because it can recruit more muscle than one can recruit with a maximal voluntary contraction. Strength is most correlated with the amount of muscle that can be synchronously recruited. We can't match the Complex's ability to recruit muscle fibers on our own. In short, warming up, building strength, and recovering are all done very quickly with a Complex. I think those are the reasons why a serious athlete should have one.

Regarding question #2, Complex creates a circuit through any skeletal muscle. The current penetrates the muscle tissue, and

the frequency and the pulse duration—all pre-programmed—can cause the muscle to contract in the various ways necessary for the warm up, strength building, and recovery processes. Normally, the signal needed to contract a muscle fiber is initiated in the brain and travels via nerve cells to the terminal motor neuron that stimulates a muscle fiber to contract. The Complex short circuits the central nervous system and stimulates the terminal motor neuron, not just at one end, as happens when the central nervous system is involved, but along its entire length. This is what makes the Complex a very powerful tool. This is why more muscle can be engaged with the Complex than with voluntary muscle contractions.

In regard to your third question, I think I've touched on what can be accomplished in the aforementioned responses. It definitely gets you ready for your next exercise bout more quickly and you'll feel better in the interim. It will build strength—strength you can measure and feel, in a couple of weeks, and it does a great job of getting you ready to absorb a training load right out of the blocks when you use it to warm up before exercise.

STEVE: When I look at your incredible athletic accomplishments, it would be hard for me—assuming they were my accomplishments—to pick one or two that stand out as being the ones I'm most satisfied with. Is it the same for you or is there a race or two that stand out as being ones that you are most pleased with? Please elaborate as to why.

JIM: You have more to pick from than do I, Steve, in terms of accomplishments! *(STEVE'S NOTE: Utterly not true!)* However, I'd say the first time I won a World Championship was the most special. It was in Montreal, Canada, a city I had been to previously and left with fond memories. The race venue was very unusual. We swam in the 1972 Olympic rowing venue and biked on the Formula 1 race track. There was more high anxiety for all of the competitors, I believe, because of the venue and the conditions. I raced as well as I ever have, and I'll never forget running when I knew I would cross the finish line first. It was very emotional and unforgettable.

STEVE: Tell us a little about your coaching services, Endurance Performance. How long have you been coaching athletes and how many do you currently coach?

JIM: I founded Endurance Performance in 1992. I communicated by phone and snail mail. The real difference between then and now is the number of coaches. Previously, I could count them nationally on my fingers. Now I would need a main frame to catalogue them. My business is still seasonal in the states. I cap it at 40 individuals. With my Complex work now I'll start to reduce the number. I don't think I could give it up completely though; I've never tired of it. I'm lucky to be able to vicariously train and race through those I work with. Maybe scratching that itch keeps me from overdoing my own training.



Jim Bruskewitz reaches the top of Hudson Divide during the Highline Hammer. Photo : Angela Miller

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- continued from page 47

STEVE: In your experiences, both as coach and athlete, what are the main things that you've observed that prevent athletes from fulfilling their athletic goals?

JIM: Overdoing it. First off, those looking for a coach are typically "Type A" individuals who are unrelenting and willing to do whatever is needed to succeed. It's very easy to just pile it on, but it is often counterproductive. Just knowing what is necessary and sufficient, and putting that into practice, will catapult almost all of us to the next level.

STEVE: I think you use pretty much everything in the Hammer Nutrition product line. What products—fuels and supplements—are your favorites, and why?

JIM: For exercise I use Race Caps Supreme to enhance my aerobic energy delivery, Anti-Fatigue Caps to scavenge the ammonia left from metabolizing my lean muscle, Mito Caps to support the health of my mitochondria where aerobic respiration takes place, and Endurolytes to help me maintain optimal electrolyte balance.

I also take Premium Insurance Caps

as my multiple daily vitamin/mineral, Tissue Rejuvenator to help rebuild connective tissue and to serve as an anti-inflammatory, Super Antioxidant to clean up the free radicals from exercise, and REM Caps for a good night's sleep.

These are the very regular supplements that I take. I do take some others as well at times.

For fuel I'm a "Sustained Energy with a touch of HEED" guy. I always have Hammer Gel with me as a back up. When I race I lean more heavily on Hammer Gel for my calories. During the last IM Kona, I used Hammer Gel only with much success.

STEVE: As a multiple champion in triathlon over the course of many years, you've certainly seen a lot of trends come and go. Is there a current "flawed" trend that many athletes are still employing but shouldn't be?

JIM: Athletes continuing to try and ingest the maximum number of calories they can absorb. The harder one goes, the fewer the number of calories one can absorb. The stomach's emptying rate is affected by pace and the concentration of calories in what they ingest. If the stomach is not emptying, one gets dehydrated and can't

absorb those precious calories that likely caused the problem in the first place. Spare the calories, stay better hydrated, and take some extra gel if need be. You'll quickly bounce back from too few calories. If you get too dehydrated, you'll have to wait until the race is over to correct the problem.

STEVE: If you could give out a couple of bits of advice to a newbie—be it a runner, cyclist, or triathlete—what advice would you give first and foremost?

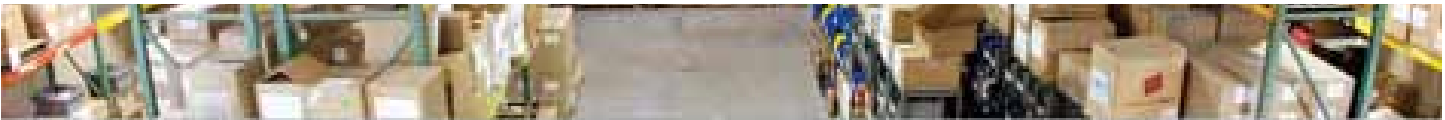
JIM: It's a large and diverse group, so my advice better be very general. We do this stuff for fun, right? We don't get paid. We can approach it any way we like. It is a very selfish endeavor, so step back and look at yourself the way someone else would see you. Hopefully you'll like what you see.

STEVE: It's been great chatting with you, Jim. Thanks for your time, and I look forward to our next event adventure together!

JIM: Steve, I look forward to our next event together. It's fun to be on your team. *HN*



Jim Bruskevitz does a little desert running outside of Tucson. Photo : Dustin Phillips



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2012 Price List

Endurance Fuels

Endurolytes - 4 Capsule Sample	\$1.05
Endurolytes - 120 Capsules	\$19.95
	3 @ \$17.95
Endurolytes Powder - 150 Servings	\$19.95
	3 @ \$17.95
Endurolytes Fizz - 13 Tablet Tube	\$4.95
	3 @ \$4.75
Endurolytes Fizz - 100 Wrapped Singles	\$35.95

Fizz Flavors : Grape, Grapefruit, Lemon-Lime, Mango, Peach, Unflavored (13-tablet tube only)

Hammer Bar	\$2.50
	12 @ \$2.40

Hammer Bar Flavors : Almond-Raisin, Cashew Coconut Chocolate Chip, Chocolate Chip, Cranberry, Oatmeal Apple

Hammer Recovery Bar	\$3.50
	12 @ \$3.25

Hammer Recovery Bar Flavor : Peanut Butter-Chocolate

Hammer Gel - Single Serving	\$1.40
	12 @ \$1.30
Hammer Gel - 26 Servings	\$19.95
	3 @ \$17.95

Hammer Gel Flavors : Apple-Cinnamon, Banana, Chocolate, Espresso, Montana Huckleberry, Orange, Raspberry, Tropical, Unflavored (26-serving only), Vanilla

HEED - Single Serving	\$1.95
	6 @ \$1.80
HEED - 32 Servings	\$27.95
HEED - 80 Servings	\$52.95

HEED Flavors : Lemon-Lime, Mandarin Orange, Melon, Strawberry, Unflavored (32-serving only)

Perpetuem - Single Serving	\$3.25
	6 @ \$2.95
Perpetuem - 16 Servings	\$27.95
Perpetuem Unflavored - 16 Servings	\$25.95
Perpetuem - 32 Servings	\$47.95
Perpetuem Solids - 6 Tablet Tube	\$3.95
	3 @ \$3.50
Perpetuem Solids - 90 Tablets	\$37.95

Perpetuem Flavors : Caffé Latte, Orange-Vanilla, Strawberry-Vanilla

Recoverite - Single Serving	\$3.25
	6 @ \$2.95
Recoverite - 32 Servings	\$54.95

Recoverite Flavors : Chocolate, Citrus, Strawberry

Soy - Single Serving	\$2.95
Soy - 24 Servings	\$31.95
	3 @ \$29.95

Hammer Soy Flavor : Vanilla

Sustained Energy - Single Serving	\$3.25
	6 @ \$2.95
Sustained Energy - 15 Servings	\$32.95
Sustained Energy - 30 Servings	\$54.95
	3 @ \$51.50
Whey - Single Serving	\$3.25
	6 @ \$2.95
Whey - 24 Servings	\$39.95
	3 @ \$37.95

Hammer Whey Flavors : Chai (24-serving only), Chocolate, Unflavored (24-serving only), Vanilla

When ordering multiple single-serving sizes of a product, you may mix and match flavors.

Endurance Supplements

Anti-Fatigue Caps - 90 Capsules	\$18.95
	3 @ \$16.95
A0 Booster - 60 Capsules	\$32.95
	3 @ \$28.95
Appestat - 90 Capsules	\$27.95
Boron - 90 Capsules	\$14.95
Chromemate - 100 Capsules	\$13.95
Digest Caps - 60 Capsules	\$16.95
Endurance Amino - 120 Capsules	\$29.95
Endurance Amino - 240 Capsules	\$52.95
Energy Surge (ATP 100) - 30 Tablets	\$16.95
	3 @ \$14.95

Mito Caps - 90 Capsules	\$24.95
Phytomax - 90 Capsules	\$22.95
	3 @ \$19.95

Premium Insurance Caps - 120 Capsules	\$19.95
Premium Insurance Caps - 210 Capsules	\$33.95
PSA Caps - 60 Capsules	\$24.95
	3 @ \$22.95
Race Caps Supreme - 90 Capsules	\$47.95
	3 @ \$44.95

Race Day Boost - 64 Capsules	\$17.95
Race Day Boost - 32 Servings	\$19.95
REM Caps - 60 Capsules	\$19.95
	3 @ \$17.95

Super Antioxidant - 60 Capsules	\$32.95
	3 @ \$27.95
Tissue Rejuvenator - 120 Capsules	\$28.95
	3 @ \$26.50

Xobaline - 30 Tablets	\$9.95
	3 @ \$7.95

Carlson's Salmon Oil - 60 Capsules	\$7.95
Carlson's Salmon Oil - 180 Capsules	\$19.95
i-Flora - 60 Capsules	\$25.95

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Kits

Complete Powder Kit \$29.95 Save \$10.05
1 packet of each flavor of Recoverite, Sustained Energy, Perpetuem (excluding unflavored), HEED (excluding unflavored), Whey (excluding unflavored and chai), and Soy.

Hammer Gel Sampler Kit \$7.95 Save \$4.65
1 pouch of each flavor, 9 total.

New Product Kit \$21.65 Save \$2.65
1 tube of Grape Endurolytes Fizz, 1 tube of Unflavored Endurolytes Fizz, 1 Cranberry Hammer Bar, 1 Oatmeal Apple Hammer Bar, 1 Peanut Butter-Chocolate Recovery Bar, 1 tube of Wildberry Hammer Lips, 1 tube of Wintermint Hammer Lips.

Long Fueling Starter Kit \$84.95 Save \$21.30
1 jug of Huckleberry Hammer Gel, 8 pouches of Hammer Gel, 6 packets of Sustained Energy, 6 packets of Perpetuem, 3 packets of Recoverite, 1 bottle of Endurolytes, 1 Capsule Dispenser, 1 Flask, 1 Water Bottle, and a Product Usage Manual.

Short Fueling Starter Kit \$74.95 Save \$15.70
1 jug of Huckleberry Hammer Gel, 8 pouches of Hammer Gel, 12 packets of HEED, 3 packets of Recoverite, 1 bottle of Endurolytes, 1 Capsule Dispenser, 1 Flask, 1 Water Bottle, and a Product Usage Manual.

1-Month Daily Essentials Kit \$94.95 Save \$11.90
1 PIC (210), 1 Race Caps Supreme, and 1 Mito Caps.

3-Month Daily Essentials Kit \$269.95 Save \$41.60
3 each of PIC (210), Race Caps Supreme, and Mito Caps.

Body Care

Cool Feet 0.1 oz.	\$1.50
Cool Feet 2.7 oz.	\$15.95
Hammer Balm 0.3 oz.	\$4.95
Hammer Balm 1.5 oz.	\$21.95
Hammer Balm 4.0 oz.	\$34.95
Hammer Lips 0.15 oz.	\$2.95
	6 @ \$2.75

Hammer Lips Flavors : Wildberry, Wintermint

Pelle Eccellente 0.3 oz.	\$3.95
Pelle Eccellente 2.0 oz.	\$19.95
Pelle Eccellente 4.0 oz.	\$32.95
Seat Saver 0.3 oz.	\$2.95
Seat Saver 2.0 oz.	\$12.95
Seat Saver 4.0 oz.	\$19.95
Soni-Pure 2.0 oz.	\$9.95

53x11 Coffee

The Big Ring - 12 oz.	\$13.95
The Chain Breaker - 12 oz.	\$13.95
The Down Shift - 12 oz.	\$13.95
The Early Break - 12 oz.	\$13.95

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Complex Units & Accessories

Compex Sport Elite	\$849.00
Compex Performance U.S.	\$579.00

SPORT ELITE & PERFORMANCE ACCESSORIES

Charger	\$44.99
Battery Pack	\$49.99
Snap Cables (4)	\$59.99
Snap Electrode Pads (4X - 2"x 2")	\$14.95
	6 @ \$13.50
	12 @ \$12.50
Snap Electrode Pads (2X - 2"x 4")	\$14.95
	6 @ \$13.50
	12 @ \$12.50

SPORT & FITNESS ACCESSORIES

Charger	\$19.99
Battery Pack	\$39.99
Pin Cables (4)	\$39.99
Snap-On Conversion Cables (4)	\$44.99
Pin Electrode Pads (4X - 2"x 2")	\$9.99
	6 @ \$8.95
	12 @ \$7.95
Pin Electrode Pads (2X - 2"x 4")	\$9.99
	6 @ \$8.95
	12 @ \$7.95

GENERAL ACCESSORIES

Electrode Placement Guide	\$9.99
Quick Start Guide for Sport Elite	\$14.99
Quick Start Guide for Performance U.S.	\$14.99
Multimedia for Sport Elite	\$14.99
Multimedia for Performance U.S.	\$14.99
Spectra Conductivity Gel (8.5 oz.)	\$7.95
Spectra Conductivity Gel (2.0 oz.)	\$4.95
Belt Clip	\$9.99
Carrying Pouch	\$19.99
30-Minute Consultation	\$49.95
60-Minute Consultation	\$79.95
Advanced Consultation	\$60.00/hour

2012 Price List continued

Voler Men's Cycling / Tri Clothing

Sleeveless Jersey	\$39.95	s-xl
Short Sleeve Jersey	\$39.95	s-xl
Long Sleeve Jersey	\$59.95	s-xl
Wind Vest	\$43.95	s-xl
Wind Jacket	\$69.95	s-xl
Thermal Vest	\$72.75	s-xl
Thermal Jacket	\$99.95	s-xl
Cycling Shorts	\$68.95	s-xl
Cycling Bibs	\$72.95	s-xl
Cycling Skinsuit	\$99.95	s-xl
Arm Warmers	\$29.95	s-xl
Giordana Cycling Gloves	\$23.95	s-xl
Giordana Winter Cycling Gloves	\$33.50	s-xl
Aero Shoe Covers	\$19.95	s-l
Thermal Booties	\$29.95	s-l
Downhill/BMX Jersey	\$45.95	s-xl
Cyclocross Skinsuit	\$124.95	s-xl
Tri Top	\$42.95	s-xl
Tri Shorts	\$42.95	s-xl
Tri Skinsuit	\$98.50	s-xl

Bergamo Men's Cycling Clothing

Hot Weather Short Sleeve Jersey	\$49.95	s-xl
Hot Weather Long Sleeve Jersey	\$59.95	s-xl
Premium Cycling Bibs	\$83.95	s-xl
Knee Warmers	\$18.95	s/m, l/xl
Leg Warmers	\$21.95	s/m, l/xl

Voler Women's Cycling / Tri Clothing

Short Sleeve Jersey	\$39.95	s-xl
Long Sleeve Jersey	\$59.95	s-xl
Wind Jacket	\$69.95	s-xl
Cycling Shorts	\$62.75	s-xl
Cycling Bibs	\$66.95	s-xl
Arm Warmers	\$29.95	s-l
Tri Top	\$42.95	s-xl
Tri Shorts	\$42.95	s-xl

Voler Kid's Cycling / Tri Clothing

Cycling Jersey	\$27.95	s-xxl
Cycling Shorts	\$27.95	s-xxl
Tri Top	\$27.95	s-xxl
Tri Shorts	\$24.95	s-xxl

Socks

Men's Cycling Socks	\$5.95	m-xl
Women's Cycling Socks	\$5.95	s-l
Unisex 4" Compression Socks	\$13.95	s-xl
Unisex 12" Compression Socks	\$24.95	s-xl

Running Gear

Cool-Tee	\$27.95	s-xl
Long Sleeve T-shirt	\$29.95	s-xl
Singlet	\$24.95	s-xl
Trail Shirt	\$24.95	s-xl
Dryline Zip Shirt	\$49.95	s-xl
Men's Running Shorts	\$34.95	s-xl
Women's T-shirt	\$27.95	s-xl
Women's Running Shorts	\$34.95	s-xl
Women's Running Skirt	\$49.95	xs-xl

Nordic Clothing

Nordic Jersey	\$99.95	s-xl
Nordic Tights	\$89.95	s-xl

Swimwear

Men's Briefs	\$39.95	28-34 <i>even</i>
Men's Jammers	\$44.95	28-34 <i>even</i>
Women's Swimsuit	\$79.95	28-36 <i>even</i>

Tents

Racing Team Tent	\$675.00	10'x10'
Semi-Custom Tent	\$795.00	10'x10'

Headwear

Pace® European Cycling Cap	\$12.95	os
Pace® Mesh Helmet Liner	\$12.95	os
Race Ready® Mesh Cap	\$12.75	os
SweatVac® Ventilator Cap	\$13.95	os
SweatVac® Winter Beanie	\$19.95	os
Halo Headband	\$12.95	os
Halo Headband II	\$12.95	os
Halo Protex	\$21.95	os
Halo Antifreeze	\$16.95	os
Baseball Cap	\$19.95	os
Headswats® Visor	\$14.95	os
Reversible Knit Beanie	\$12.95	os
Latex Swim Cap	\$3.95	os
Silicone Swim Cap	\$9.95	os

Casual Wear

Men's Anniversary Hooded Sweatshirt	\$39.95	s-xl
Men's Anniversary Long Sleeve	\$19.95	s-xl
Men's Anniversary Short Sleeve	\$14.95	s-xl
Men's Fuel Short Sleeve	\$14.95	s-xl
Women's Anniversary Hooded Sweatshirt	\$35.95	s-xl
Women's Anniversary Long Sleeve	\$19.95	s-xl
Women's Anniversary Short Sleeve	\$14.95	s-xl
Women's Dandy Short Sleeve	\$14.95	s-xl
Women's Yoga Pants	\$24.95	s-xl
Kid's Casual Tee	\$12.95	2-12 <i>even</i>

Accessories

Hammer Gear Bag	\$64.95	
Bike Mount Flask Holder	\$12.35	
Double Clip Flask Holder	\$10.75	
Blender Bottle	\$7.95	
Fizz Water Bottle	\$2.95	21 oz.
Hammer Water Bottle	\$3.50	24 oz.
Nalgene Bottle	\$8.95	
Polar Water Bottle	\$10.95	
Small Purist Water Bottle	\$8.95	22 oz.
Large Purist Water Bottle	\$10.95	26 oz.
Hammer Flask	\$1.95	
Gel-Bot Soft Flask	\$9.95	
Tattoos	\$0.35	
Wrap Pack	\$8.35	
Hammer Patch	\$1.45	
Sticker Pack	\$0.50	
HEED Cooler	\$39.95	5 gal.
Pint Glass	\$3.75	
Sport Towel	\$2.95	
Beach Towel	\$29.95	
Hammer Sack	\$8.95	
Hammer Banner	\$25.95	
Bike Mount Tri Box	\$14.95	
Bike Mount Seat Bag	\$13.95	
Gel Pump	\$5.95	
Capsule Dispenser	\$0.50	
Quick Coin	\$0.95	
Large Capsule Organizer	\$4.35	
Small Capsule Organizer	\$2.95	
Zip-Lock Capsule Bag	\$0.10	

Books

Consumer Education Guide	\$2.95
Food Is Your Best Medicine	\$7.95
Endurance Athlete's GUIDE to SUCCESS	\$7.95
Fuels & Supplements	\$4.95
Healing Back Pain	\$11.95
Healthy Bones	\$11.95
Killer Colas	\$12.95
Product Usage Manual	\$1.00
Suicide by Sugar	\$12.95
Treat Your Own Back	\$9.95
Treat Your Own Neck	\$9.95
Water: The Shocking Truth	\$11.95

When it comes to fueling, it's easy to get confused.

Let us help show you the way!

The Endurance Athlete's
GUIDE to SUCCESS
9th Edition
MSRP \$7.95
HAMMER NUTRITION

9th Edition of The Endurance Athlete's GUIDE to SUCCESS. A comprehensive resource when it comes to proper fueling.

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www.hammernutrition.com

Apparel Sizing Charts

VOLER / Men's Cycling and Tri Clothing					
Height	Waist	Inseam	Chest	Weight	Size
5'4" to 5'8"	29-31	9	35-37	120-145	Small
5'7" to 5'11"	32-34	9.5	38-40	145-170	Medium
5'10" to 6'2"	35-37	10	40-42	170-190	Large
6'1" to 6'5"	38-41	10.5	42-44	190-220	XL
6'3" and up	42-45	11	44-46	220-250	XXL

VOLER / Women's Cycling and Tri Clothing					
Height	Waist	Hips	Bust	Weight	Size
5'2" and under	22-24	31-32	30-32	95-115	XS (0-2)
5'1" to 5'5"	25-27	34-36	32-34	110-120	Small (4-6)
5'4" to 5'8"	27-29	36-38	34-36	120-145	Medium (8-10)
5'7" to 5'11"	30-32	39-41	36-38	140-165	Large (12-14)
5'10" and up	33-35	42-44	39-41	160-185	XL (16)

Voler Team Apparel offers "European" sizing, which is smaller than U.S. sizing. When choosing Voler racewear, you should go up one size if you are unfamiliar with the smaller European sizing. Likewise, if you are between two sizes, choose the larger size.

VOLER / Kid's Cycling and Tri Clothing					
Age	Small	Medium	Large	X-Large	2X-Large
Age	6-8	8-10	10-12	12-13	13-14
Waist	18-20	20-22	22-24	24-26	26-29
Weight	55-65	65-75	75-85	85-100	100-120
Height	40-45"	45-50"	50-55"	55-60"	60-65"
Chest	25-27	27-29	29-31	31-33	33-35
Inseam	7	7.5	8	8.5	9

GIORDANA / Cycling Gloves	
Size	Measurement
Small	7-7.5"
Med.	8-8.5"
Large	9-9.5"
XL	10-10.5"

Measure around the widest part of the hand, not including the thumb.

DEFEET / Cycling Socks		
Sock Size	Men's Shoe	Women's Shoe
Small	NA	6-8
Medium	7-9	8 1/2 - 10 1/2
Large	9 1/2 - 11 1/2	11 - 13
XLarge	12+	NA

SWIFTWICK / Compression Socks		
Sock Size	Men's Shoe	Women's Shoe
Small	3-5 1/2	5-7 1/2
Medium	6-9 1/2	8-10
Large	10-13	10 1/2-14
XLarge	13 1/2-16	14 1/2-16 1/2

RACE READY / Men's (Unisex)		
Waist	Chest	Size
26-29	34-36	S
30-33	37-39	M
33-35	40-42	L
35-37	43-45	XL

RACE READY / Women's			
Dress Size	Waist	Size	Unisex
Size 4-5	24-27	S	XS
Size 6-8	27-29	M	XS or S
Size 9-12	29-31	L	S or M
Size 12-14	32-34	XL	M or L

BERGAMO / Premium Bibs and Jerseys				
Height	Chest	Waist	Hips	Size
67.5-69.5	34.5-36	30-31.5	34-35.5	Small
69-70.5	36-38	31.5-33	35.5-37	Medium
70-71.5	38-40	33-34.5	37-38.5	Large
71.5-73	40-41	34.5-36	38.5-40	X-Large

Bergamo garments fit a little snug. If you're not sure what size to get or if you're between sizes, please order the next size larger.

TRUWEST / Women's Swimsuit					
	28	30	32	34	36
Size	3-4	5-6	7-8	9-10	11-12
Bust	30	32	34	36	38
Waist	23	24	26	28	30
Hips	32	34	36	38	40

AMERICAN APPAREL / Women's Yoga Pants				
	S	M	L	XL
Size	0-2	4-6	8-10	12-14
Waist	25-26	27-28	30-32	33-35
Inseam	30	32	33	34

American Apparel garments fit snug to flatter almost any body type. If you're not sure what size to get or if you're between sizes, please order the next size larger.

DISTRICT THREADS / Women's Sweatshirt				
	S	M	L	XL
Size	3-5	7-9	11-13	15-17
Bust	30-32	33-35	36-37	38-39

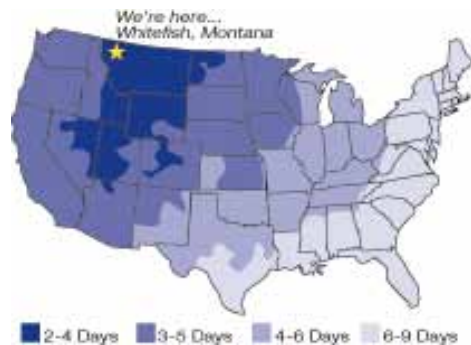
BELLA / Women's Tee Shirts				
	S	M	L	XL
Size	0-4	4-8	8-10	10-12
Bust	31-33	34-36	37-39	39-41

BELLA / Men's Tee Shirts				
	S	M	L	XL
Chest	39-41	41-43	43-45	45-47
Pant	30-31	31-32	33-34	34.5-35

LOUIS GARNEAU / Nordic					
Size	S	M	L	XL	
Size	38	40	42	44	
Chest	32	34	36	38	
Hips	38	40	42	44	
Leg	30	31	32	32	

Clothing return policy

Aside from trying on an item for fit (with protective undergarments), all clothing returns must be in new and salable condition, with original tags attached, and enclosed in the original packaging. Clothing items do not qualify for a return or exchange if they have been used, washed, or had the original tags removed. Special Note: Swimwear will be fully inspected upon receipt and a return/exchange may or may not be granted, at the discretion of management.



Shipping Information

Time in transit for packages shipped via ground delivery will range from 2-9 business days, depending on the carrier and distance in transit. If you must have your package by a certain date, call or email to determine whether ground shipping or one of the air delivery options will work best for your needs.

Special Shipping Notes

All orders to Alaska and Hawaii ship via USPS Priority Mail. 2-day and next day air are also available to some locations in these states. Published rates will be charged based on weight and zone of delivery address.

Military Addresses

APO, AE, AP, etc. are sent via USPS mail service. USPS Priority Mail rates will be charged for these shipments.

In a Hurry?

3-day, 2-day, and overnight delivery are available, calculated based on package weight and zone of delivery address, and will be billed at published rates.

International Orders

We ship orders to over 25 foreign countries on a regular basis. Call or email us for a quote on shipping.

Order total

\$0 to \$39.99
\$40 to \$99.99
\$100+

Ground FedEx

\$4.95
\$7.95
FREE!

Get the VIP treatment

Join the HAMMER AUTOSHIP Program today!

What is it?

The HAMMER AUTOSHIP Program offers the ultimate in convenience and VIP treatment with scheduled shipments and discounted pricing.



FREE clothing!

Receive a free Hammer Nutrition clothing kit with your first order! Select one of our sport-specific kits: cycling jersey and shorts, tri jersey and shorts, running top and shorts, or swimwear with a swimcap and a large towel. Ask a Client Advisor for more information.

** If you cancel the autoship program before taking delivery of four consecutive quarterly shipments, we will bill your credit card for the retail cost of the free clothing kit. If you discontinue the program and rejoin within one year, you are not eligible for more free clothing until your fourth consecutive shipment after resuming. Aside from these stipulations, you are free to cancel your participation in this program at any time. Quarterly shipments must total at least \$150 each. Cannot be combined with other offers.*

How does it work?

Call our 800# to have one of our friendly Client Advisors help you select the correct Hammer Nutrition fuels and supplements to meet your needs and goals. We'll then ship your products every 90 days (free ground shipping!) without you ever having to pick up the phone again.

An advisor will also call or email you approximately ten days before your scheduled ship date to see if you'd like to add anything to your order to take further advantage of free shipping and discounted pricing.



Call Katey to sign up for the Autoship Program and start saving today!

What do you get?

1 - A special team of advisors assigned to your account and special access to our experts.

2 - Automatic resupply of products every 90 days.

3 - On your first AUTOSHIP order, we'll send you a clothing kit (top and bottom) for FREE*.

4 - On your second AUTOSHIP order, you'll receive a FREE softgoods item of your choice, up to \$20 in retail value.

5 - FREE goodies on every future shipment as well.

6 - Discounted pricing, exclusive offers, and much, much more!

7 - FREE ground shipping on all automatic shipments and one fill-in order per quarter.

Don't wait any longer, become a VIP today!
Call 1.800.336.1977

Get Rewarded

with our Athlete Referral Program

Write your name and client number on the cards, and give them to your endurance athlete friends or acquaintances. When a friend you refer to us places his or her first order and mentions your name or client number, everybody wins! Tell enough friends and you may never have to pay for your product . . . how great is that?

It's a win-win-win situation!

- They receive a 15% discount on their first order!
- **You get 25% of their order subtotal credited to your account!**
- We get another satisfied client!

Start earning free product today!

A Few Restrictions

Shipping charges are not included in discounts or rewards. • We cannot offer retroactive rewards. Your friend must mention your name or client number at the time of ordering. • The person being referred must not have ordered anything from us before. • Do not refer your spouse or have a friend be the new client and place an order for you. • Not applicable to members of the same household. • Cannot be used with another offer. • We reserve the right to end this program or refuse any individual at any time without notice. • Referral rewards will expire after one year. • Valid referral cards are always available free of charge. • This rewards program does not apply to EMS unit purchases. Visit www.hammernutrition.com/deals/ems-referral-program/ for EMS-specific referral program.

Your friend wants you to save 15% off your first order with us!

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Client Number _____



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Client Number _____



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No bones about it

Coming back from injury

BY GARY VANDERVEER

I hope this note finds you all well in “Hammerville”! Your team provided me with helpful insights and aspects to consider during my anxious search for solutions after I experienced increasing groin and hip pain that resulted in bilateral total hip joint replacement. The incredibly helpful advice of Client Advisor Katey Scott, Hammer Nutrition products, and other endurance athletes’ inspiring stories in Endurance News are some of the reasons that I’ve had improved performances and a quick recovery over the past year since my surgery.

In 2009, by age 52, I had been participating in road races and multisport events for almost 30 years. I started experiencing pain in and around my right hip and groin, primarily after running several miles. I continued to train and race, minimizing the pain by budgeting my running. With this strategy, plus proper fueling with Perpetuem, Hammer Gel, HEED, and Recoverite in training and races, and daily doses of Mito Caps, Race Caps Supreme, and other Hammer Nutrition supplements, I had my most successful multisport season in 2009. Katey helped

me put together this fueling and supplement plan, plus gave me much-needed personal insight from her own experience with hip pain resulting in a total hip joint replacement.

After appointments with health professionals, it was confirmed that I had osteoarthritis with degeneration in both hips so I went ahead with a bilateral total hip joint replacement in December 2010. I was told by one orthopedic doctor that I wouldn’t be able to continue in the activities I enjoy doing—not the words an endurance athlete and avid reader of Endurance News wants to hear!

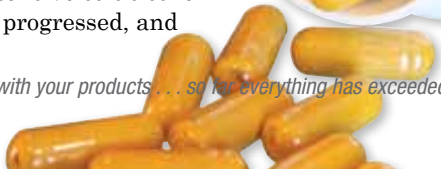
After struggling through my last pre-surgery race, the 2010 USAT Age Group National Championships in Alabama, I began focusing on “prehab” to better prepare for the after-effects of surgery. Hammer Nutrition products were an important part of the prehab process. With the help of an amazing physical therapist, (and Tissue Rejuvenator taken at the maximum recommended dosage to aid in the extensive soft tissue swelling), my recovery progressed, and

in March 2011, I participated in my first cycling time trial. By early April, I competed in the VADU, a medley of a 5K run, 23-mile bike, and another 5K run. My surgeon had cautioned about wearing out my new hip joints, so I adopted a modified race-walking running style. I slowly improved and qualified for the 2011 USAT Age Group National Championships. My 2011 multisport performances far exceeded my expectations, and I placed higher in the Virginia triathlon series than in any previous years. My goals, aspirations, and objectives in 2012 are now beyond those of 2011.

Katey and the rest of the team at Hammer Nutrition provided superior products, words of encouragement, and excellent customer service, and along with some of the medical professionals I worked with, “heard” my desires to get back to the activities of which I am passionate.

Gary VanDerveer

Hammer Nutrition Autoship Client, USAT, USA Cycling, and FCA Endurance member





Cathy Stevens, far right in front, and friends after a long training ride in Coeur d'Alene. Photo : courtesy of Cathy Stevens

Cramp-free

Dear Hammer Nutrition,

I just wanted to let you know how much of a difference the Endurolytes have made in my training and specifically, in helping me to bounce back after three weeks of bench time due to a severe asthma episode.

I typically have some cramping issues in the pool with longer swims. This improves over time as I build endurance. But with losing three weeks of training, I lost quite a bit of endurance that I had built up. My first swim after recovering was 2,000 yards . . . roughly half of what I'll be doing in my upcoming Ironman event (my first!).

At the end of that swim, my calves were really cramping and my toes actually completely curled up during the last length of the pool. OUCH! I

remembered that I had some Endurolytes, and I made sure to take some before my next swim. Now, I know it says that it is primarily used for hot weather training/events, but Endurolytes really targets cramping issues so I figured I'd give it a try. What an AMAZING difference. My next swim was 3,000; while during the previous swim I had only made it to 1,800 before I started cramping, this time I made it to 2,900 before I felt just the slightest bit. Amazing!

After just two weeks of getting back into training, I'm back to 3,800 yards or so with no cramping issues as long as I take the Endurolytes.

Thank you Hammer Nutrition!
Cathy Stevens



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Where are they now?

Catching up with Jim Donaldson #3134

BY STEVE BORN

For the past 25 years and counting, we've had the pleasure of getting to know some really incredible athletes, people who we not only consider longtime clients, but longtime friends as well.



Jim Donaldson collects his medal after placing 5th in his age group (60-69) at The Iceman Mountain Bike Race in Travers City, Michigan.
Photo : Ken Miller

We assigned our 200,000th client number in April, and while we celebrate the new customers, it is always fun to catch up with some of our clients who've been with us for a long, long time. And when your number is 3134, as it is for Jim Donaldson, you've been a client and friend of Hammer Nutrition for a very long time indeed.

For the past 12 years, I've had the personal pleasure of working with Jim, both as a sponsored athlete and in support of the races that he and his wife, Joyce, produce as Elite Endeavors. Jim's first order dates back to February 1990, and he's been a consistent user of Hammer Nutrition products to help him successfully complete the seemingly countless numbers of races (mainly triathlons and duathlons) he's done over the past couple of decades. At 68 years young, Jim has no intention of slowing down, even though it'd be somewhat understandable given the potentially challenging combination of

family life, athletics, and race promotion. Over the course of these many years, our paths have crossed occasionally at races I've traveled to, which has always been fun. Needless to say, I consider Jim and Joyce Donaldson to be good friends of mine. We had a chance to catch up recently . . .

Meet Jim Donaldson

STEVE: Jim, how long have you been into endurance athletics? What was your start and how did you get involved in triathlons and duathlons? How long have you been involved in multisport races?

JIM: For several decades, I was a local handball champion in my age group. Of course handball, I realized, had nothing on triathlon after I did my very first tri in 1981! In a local newspaper, I read about the first annual Vic Tanny Triathlon that consisted of a 700-yard swim, 40K bike, and 10-mile run. I had seen a snippet of this new fledging sport on Wide World of Sports and had to try it! What a time I had . . . I was hooked! This began my journey into multisport, and I have never looked back. Just imagine though, who knew about nutrition then? We fueled up on candy bars, drank warm de-fizzed soda and water, and were lucky to survive the heat and exhaustion of the event! So my multisport career began in 1981. I still have that first T-shirt and have never missed a year of competition since then.

STEVE: About how many triathlons and duathlons do you estimate that you've done over the years?

JIM: I kept track over the years, and my résumé includes 278 multisport events consisting of different distances: Super Sprint, Sprint, Olympic, Half Ironman, and Ironman. I have competed in triathlons, duathlons, XTERRA events, aquathlons, and alternatives such as

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canoe/bike/run. I have competed in 25 different states around the U.S., as well as ten different countries, which included 14 World Championships.

STEVE: Any particular races that stand out as highlights and/or your best achievements?

JIM: The finish of your very first triathlon is, of course, one highlight! This was a local event, new to everyone. There was no “tri” scene back then, so the folks were out in all kinds of gear, bikes, and just having a ball! I call it now “Retro-Tri”!

Next was my first Ironman accomplishment in 1992. Again, this was before big corporations came on the scene, and qualifying was a big deal. Training was brutal and so time-consuming, but the payoff was exhilarating! Joyce was there to cheer for me on the course, and give me encouragement. What a week it was, culminating with the finish, where the announcer said: “JIM DONALDSON, YOU ARE AN IRONMAN!”

Then, of course, the 1999 Ironman. I proposed to Joyce on Christmas Eve 1998, saying that I wanted to get married in Hawaii at the 1999 Ironman. Of course, I had to qualify . . . no problem, right? Well, I didn't make it at the first two qualifiers. Then I went to Eagleman to try one more time, my last chance, and I had to finish in first place in my age group at a half iron distance race. When I got home, I greeted Joyce with a bottle of champagne in one hand, and a pineapple in the other. (Obviously, I qualified!) We were married in Hawaii, the day after I finished my third Hawaii Ironman. This was definitely a highlight, surrounded by friends, and then new Ironman friends!

I could not have done any of this without the use of all of my Hammer Nutrition products. Joyce helps me store and mix, and keep it ready. I am never without a bottle of HEED; during the races I use HEED and Endurolytes, and then for recovery my bottle is filled with Recoverite. This plan has kept me going like the Energizer® Bunny!

STEVE: As I mentioned in the introduction, you apparently have no plans on retiring

from racing. What is it that keeps you excited about training and competing?

JIM: I have experienced longevity in my family. My grandparents, mom, and uncles had longevity and were always active and mostly athletic. I hope to be able to continue and not retire, as I enjoy the training, the camaraderie, the level of fitness that I have developed, along with the healthy lifestyle. The competition is always fierce but also friendly, and that is what it is all about.

I particularly enjoy the young people that I mentor and enjoy training and racing with. I appreciate meeting the guest athletes who come to our events. We are triathletes, putting on events for triathletes. We mentor beginners and also work with veterans. I enjoy athletes asking me questions, and I encourage the use of Hammer Nutrition products. All of these play a part in my desire to keep going.

The highlights from past races are also part of what keeps me going, and the fact that Joyce is able to travel with me to many of these events in definitely a bonus and keeps me motivated.

STEVE: What were the highlights for you in 2011 and what races are you getting primed for this year?

JIM: In 2011, I competed in seven events, which ran the gamut from Sprint to Half Ironman distances. I won my age group five times, capped off with an 11th place finish in the 65-69 age group at the USA Triathlon National Age Group Championships.

For 2012, I am hopeful for a successful race at the ITU World Triathlon San Diego race. After that, I travel to Montreal to participate in Ironman 70.3 Mont-Tremblant on June 24. I have qualified for and will be competing in the USA Triathlon Olympic Distance National Championship in August in Burlington, VT.

Leading up to these “A” races, I will



Pre-race preparations.
Photo : Joyce Donaldson

participate in a number of local events, as well as a second Ironman 70.3 race in Muskoka, Canada on September 9. These will lead me to Auckland, New Zealand, where I will compete in the Olympic Distance Age Group World Championships in October.

STEVE: What Hammer Nutrition fuels and supplements do you use daily, in your training, and in your racing?

JIM: I use a variety of Hammer Nutrition products every day. I begin each day with Premium Insurance Caps, Race Caps Supreme, Mito Caps, Super Antioxidant, AO Booster, and Tissue Rejuvenator. During race season, I add Anti-Fatigue Caps to my regimen.

For training I use Sustained Energy and/or Perpetuem, plus HEED, Endurolytes, and Hammer Gel. My favorite gel flavor is Montana Huckleberry—it is so SMOOTH!

For a race I will use Perpetuem as my pre-race meal first thing in the morning when I get up. During the race, I use HEED in my water bottles (or Sustained Energy or Perpetuem during longer races), and Hammer Gel as needed on the bike and run portions of the race. Depending on the distance and the weather, I will use Endurolytes. Since I have used Endurolytes on a regular basis, I have not experienced any cramping at any distance during any type of weather.

Within an hour of finishing up a training session or race, I always try to drink a bottle of Recoverite. I also use Hammer Whey as an evening drink, while

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relaxing, particularly on hard workout days.

STEVE: You use the Compex to assist you in your training. What programs do you use?

JIM: I use the Compex daily to assist in my training and recovery. The programs that I use are:

- Off-season: Endurance, Resistance, and Strength
- After hard workouts: Active Recovery and Recovery Plus
- During the season: Endurance, Resistance, Strength, and Recovery, though some not as aggressively as during the off-season

STEVE: We've been sponsoring Elite Endeavors events for 12+ years. Can you give a little insight into how you got started in race directing, how many races you put on annually, which one of your races is a personal favorite and why, and how the heck you juggle your home life, training and racing, AND race directing?

JIM: Joyce and I began our life together in 1982, not long after I completed my first triathlon. Joyce was a "jock/tomboy" all of her life, growing up with mostly boys in her family and playing all sports. Cycling was her forte, and when she came to watch me participate in the 2nd Annual Vic Tanny Triathlon—remember, 1981 was my first—she was hooked! So our life in triathlon began. Our daughters were good swimmers, and we would all go to the Y on Friday nights and weekends to swim and have fun.

In 1983, Joyce and I entered the 3rd Annual Vic Tanny Triathlon. Joyce had been training with all of us "guys." She finished her first tri—a 700-yard swim, 40K bike, and 10-mile run—in 3:17. Wow! We were on top of the world!

We participated in other area events. The USTS Bud Light Tri series came around, so we wanted to form a triathlon club. We founded the Team Toledo Triathlon Club along with a few other triathlete friends and joined USA

Triathlon in 1985.

Well, some of the local area events were not giving triathletes what they really needed. This was the 1980s, and we were still learning, but we knew what

Jim Donaldson celebrated his Ironman 70.3 Muskoka age group win with a 4-day canoe trip in Northern Canada. Photo : Joe Cutcher



we wanted to have at an event. We were having so much fun with the new tri club, and along with our triathlete friends, Joyce and I suggested we form a committee, find a venue, and put on a "triathlon for triathletes, directed by triathletes." We volunteered to be the organizers and searched for a venue.

Then we heard that Vic Tanny was no longer interested in doing another triathlon, so we asked the managers if we could put on a triathlon, letting them know that we would do all of the work. They took us at our word and we have never looked back. We had no money, no equipment, but lots of "Sisu" (Finnish for a "dogged perseverance")!

We attended our first Race Directors Conference put on by USA Triathlon in the fall of 1985, and learned a great deal about how to be a race director. We also met a wonderful group of people who worked with the Bud Light series. We hired them to come to Sylvania, paid for the use of their equipment, and the Sylvania Triathlon was born.

Since we had no money, we were planning to get by on race fees—or so we thought. That turned out to be a less-than-ideal proposition, so we began a ten-year partnership with the local Bud Light distributor as our primary sponsor.

We were a hit with the triathlon world and presented the first Sylvania Bud Light Triathlon in 1986: Sylvania, Ohio. This was OUR BABY . . . and if we have a personal favorite, the Sylvania Tri is it!!

We were volunteer organizers for a number of years, and then we decided to get more involved and began our company, Elite Endeavors LLC. Now, after a few years of volunteers with the Sylvania Tri, we began to manage more events and now produce ten multisport events with Elite Endeavors, manage a few for other companies, and also do some charitable organizing for Hospice of NOW and the local Susan Komen Race for the Cure.

After injuries took her off the field of play in 1985, Joyce became very involved with administration of triathlon, coaching, and officiating. She holds a Level 3 International Official Certification and was invited to work at the 2008 Beijing Olympics for the sport of triathlon, and will also be on the team for the triathlon London Olympics 2012.

Most days it is not too difficult to juggle our home life, training, racing, and race directing. Not to say we don't have some stressful weeks, but when you love the sport as we do, we just do it!

Steve: Jim, thanks so much for taking the time to talk with us and for sharing so much with us. It's been a great partnership for Hammer Nutrition with you, Joyce, and Elite Endeavors, and we look forward to many more years of supporting the great events that Elite Endeavors produces.

JIM: Thanks for having me, Steve! We too want to wish you the best, and a happy 25th Anniversary to Hammer Nutrition! We value your friendship and support of our events, as well as myself, and hope that we will continue for many more anniversaries to come! Thank you again! **HN**

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FROM OUR ATHLETES



Riding the wind

Robby Swift

I have been a professional windsurfer for 11 years, competing on the PWA World Tour and traveling to big wave destinations around the globe. One thing that always comes with me, whether I am going to be spending ten hours on a hot beach, competing and waiting for my heats, or ten hours out on a boat to reach inaccessible giant waves, is my Hammer HEED and Hammer Gel! They keep me going and keep my body working day in and day out, letting me concentrate on having fun!

Photo : Maria Goicoechea

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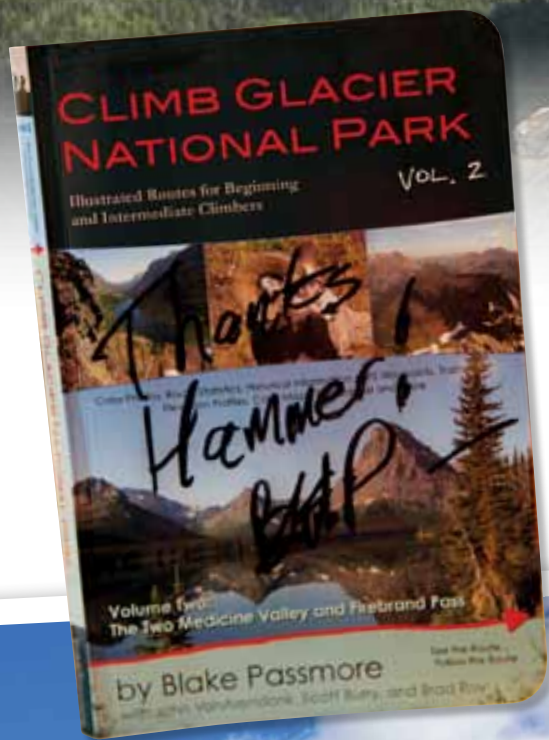
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To the staff at Hammer Nutrition,

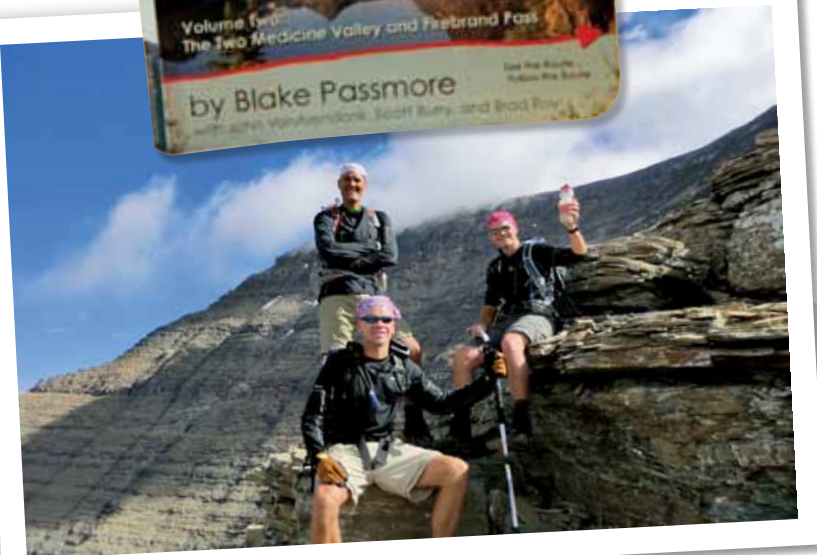
I've been using Perpetuem for my climbs in Glacier National Park ever since I stopped by Hammer Nutrition headquarters last spring for some friendly, and what turned out to be incredibly helpful, advice. With your help, John Vanarendonk, Scott Burry, and I researched and published the second volume of *Climb Glacier National Park*, and this summer we will begin work on Volume III.

You literally made a huge difference in my 10- to 14-hour climbs and I don't think that I could have done it without Perpetuem. Endurolytes and Perpetuem worked great for me . . . tons of energy to spare and best of all, no cramps. There have been days when I felt like I could run a 5K AFTER a day of climbing, but those can wait another day! I have converted other climbers to Hammer Nutrition products as well.

Thanks Hammer Nutrition!
Blake Passmore, author *Climb Glacier National Park*

Above : Blake Passmore takes in the incredible sight of Two Medicine Valley in Glacier National Park. Photo : courtesy of Blake Passmore

Left : John Vanarendonk, Scott Burry, and Blake Passmore on the way up Mount Cleveland, the highest mountain in Glacier National Park. Photo : courtesy of Blake Passmore



Where do you Hammer? Vietnam: 3.5 days, 370 miles, 22,913' of elevation gain, 1 gear

BY RICH MAINES with intro by Vanessa Gailey

When you regularly train for and compete in 24-hour mountain bike races, your idea of a vacation might sound a bit different than most. For Hammer Nutrition-sponsored athlete Rich Maines, the opportunity to spend a three-day weekend in Vietnam while there for work meant shipping his single speed road bike and mapping out a lot of miles on the roads near Hanoi.

His trip to Vietnam began just a few days after he rode 242 miles to an 8th place finish in the solo male single speed category and 12th overall male solo at 24 Hours of Old Pueblo. Rich also placed 2nd at the 2012 12 Hours of Temecula in January, so even though the cycling trip turned out to be a bit more difficult than anticipated, Rich's spring training had more than prepared him.

My tour is completed. I spent 3 1/2 days slaying Vietnamese mountains on a fixie, completely fueled by Hammer Nutrition . . . and well, bowls of Phó! I was in Hanoi, Vietnam for work, and had planned a three-day weekend cycling excursion. My original plan was to travel south; however, my colleagues in Vietnam convinced me to head for the mountains for the picturesque views of rice paddies, sugar cane fields, banana trees, and endless fields of tea leaves. Although the new route would include a lot more elevation than I had planned, I was up for the adventure. The Vietnamese proverb, "Liên doanh tat ca, xem nhung gì so phan mang lai" translates as "Venture all; see what fate brings." I embraced this philosophy and headed west.

Day One

For this trip, I had brought my single speed road bike along. It has a 46/16t gear ratio—perfect for my original plan, not so perfect for the new plan. I just figured I'd walk what I couldn't ride. If I couldn't hit all the planned destinations, no worries, I was there to see the beautiful surroundings and enjoy the experience.

This was a long day with lots of climbing. The percent grade signs started appearing regularly: 6%, 7%, 8%, 9%, 10%, and my nemesis, the 12% grade. I was handling everything up to the 12's, too much for my single gear. I did a fair amount of walking that day!

Even though it rained pretty much the whole day, the temperatures were mild, so it was more of a "tropical rain." It was awesome to get out of the city and begin to slay some mountain passes. I was enjoying the long, open roads leading into the mist and made it to my destination just as the sun was setting.

Day Two

Day two was going to be a BIG ride, with well over 9,000' of vertical climbing and more mileage than day one, and a problem had quickly surfaced. My friend and guide Vinh, traveling with me by motorbike, took it upon himself to clean my bike. He sprayed it down with a high-pressure nozzle and there wasn't a drop of lube or grease anywhere on the bike. It hadn't been that clean since I bought it! The metal-on-metal made for some tough pedaling, but I didn't want

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to explain what was going on to Vinh, because after all, he was only trying to help. It got so bad though, that I finally explained to him that we needed to find some motor oil.

After a pit stop, pedaling was so much easier. The hours started passing by. The landscape didn't change much . . . all mountains, all the time.

Day Three

The weather started out great, but turned on us later. We passed through more mountain passes, but that meant 20 miles of pure downhill awaited! The rain started coming down heavily around 3 p.m. and Vinh wanted to take a break from the rain. We were only about 90 minutes from Tam Dao (or so we thought), and I managed to convince him it would be best to press on and relax once we arrived in Tam Dao.

We arrived at the Tam Dao Nature preserve at about 4 p.m. We only had about eight miles to the city of Tam Dao, but those last eight miles were nearly 3,000' of pure climbing. The night before, when we were going over the day's route, I didn't plot the elevation for the last ten miles. "How bad could it be for eight miles?" Pretty tough as it turned out.

Day Four

Vinh was happy when I told him we could have breakfast and coffee before starting out, something we hadn't done yet, as I was following my normal training protocol for nutrition—which typically doesn't involve bowls of Pho. As with my normal training and racing, Sustained Energy and a few Hammer Bars were my primary source of fuel while on the bike.

I had planned for long days in the saddle, and that meant two four-hour bottles of Sustained Energy each day. Vinh (remember that he was traveling by motorbike) naturally needed to make stops for food. The most challenging part of executing my plan was avoiding all the sugary snacks offered to me at each stop. The memories of my recent fueling mishap at 24 Hours of Old Pueblo were fresh however, and I knew all too well what would happen if I deviated from my plan. (At OP, I fell behind in my fueling intake, experienced mental fatigue, and compensated by eating way too much solid food in the pit stop.) So aside from the occasional freshly picked bananas and other unidentifiable fruit, I stayed on track with my nutrition plan and had the cycling trip of a lifetime.

Though it was supposed to be only about 30 miles back to Hanoi,

this leg actually turned into 52 miles. I figured this out around mile 20. Luckily I managed to snap a lot of pictures before this, because after I was told of our whereabouts, it was all business for the last 30 miles.

Final Thoughts

Some of the most memorable parts of the whole trip were the numerous encounters with local children in the small villages who were always eager to greet the "strange Westerner riding bike in mountains." They offered me food and frequently asked me to stay and visit. They would shout "hello" and giggle whenever I returned their greeting. Even as the roadside villages started to become a collection of blurry images, one constant remained: the kids shouting and laughing.

The people of Vietnam are very gracious and hospitable, even in the tiny, remote mountain villages. Getting the opportunity to pedal there was an incredible thrill. **HN**





BY MIKE FREEMAN

Cycling skills with Mike Freeman

Time to tune up—your bike, that is!

Make sure that all of your equipment is in top-notch condition. Nothing is more aggravating than having your bike break or component fail due to fatigue or just plain wear-and-tear. It's bad enough if it happens during training, but during a race—ouch!! That is totally unacceptable.

The first step is to keep your bike clean. It's much easier to inspect for damage if the bike is clean. It will also help when you perform the following inspections and maintenance.

Wheels

Inspect for cracks, especially around the nipple holes.

1. Keep wheels true with little or no

distortion.

2. Bearings should be smooth (no grinding) with no side-to-side play. Adjust or replace.

3. Tires should be round, not flat in the center, and with no cuts in the tread or sidewall. Replace if needed.

Brakes

Check the pads for wear. Most pads have wear indicators. Replace if necessary. Adjust the cable so that you have some adjustment in the cable stop.

Headset

You want the headset to move smoothly with no binding. (Installation or

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adjustment tip: Always apply grease to surfaces that contact other surfaces.) Check for play by standing over the bike, applying the front brake only, and then rocking the bike fore and aft. If the headset is loose, you'll feel or hear a clunking. Adjust until the play is taken up, but don't over-tighten. Clean or replace as necessary.

Bottom Bracket

I always remove the bottom bracket (BB), even if it spins smoothly. If you've ridden in the rain or washed your bike using a hose, there most likely will be water in the BB shell or bearings. Clean or replace if needed.

Use grease or anti-seize compound on the threads of the BB and the threads in the shell. If it's a press-in BB, use the same greasing procedure. Lube the splines of the BB spindle where the crank(s) slides on to them. Torque to the manufacturer's specifications.

Chain Rings

Look for wear between the teeth. If there is any elongation or if teeth are rolled over, replace the rings. Make sure the chain ring bolts are tight by using manufacturer's torque specs.

I always replace the chain every six months or sooner, depending on the type of riding I've been doing. (I ride a lot.)

A worn chain will cause damage to the chain rings and/or cassette. It will also affect shifting performance. If you notice any skipping, it's an indication that the chain has stretched past its limit and caused damage to the cassette. You may notice this in only a couple of cogs, usually in those that you use the most.

At this point, it's a good idea to replace both the chain and cassette. Just replacing the chain may not cure the skipping problem. Sometimes you can get away with an old chain on a new cassette, but not a new chain on a worn-out cassette.

Always keep the chain clean and lubed, and keep the chain rings and cassette clean.

Derailleurs

Inspect regularly. Clean and lube pulley wheels, and adjust as necessary. Replace pulleys if worn excessively. If rear cable adjuster is close to its full extension,

unbolt cable and screw the adjuster in. Pull the cable taught and tighten the cable-fixing bolt.

Adjust the front by loosening the cable-fixing bolt and pulling the cable taught (taking up the slack).

Pedals

Pedals are one of the most forgotten components. Remove and clean. Regrease the threads before reinstalling on the cranks. Be sure to tighten correctly—snug but not overly tight. Make sure you can get in and out of the pedals smoothly. Clean or replace worn or broken cleats.

Cables

I replace cables often; it's cheap insurance. Cables stretch quite a bit with constant use, requiring adjustment to improve shifting performance. The most bothersome thing about cables is the unseen damage that is happening at the cable end in the lever. The constant bending of the cable at this point will cause the cable to break one strand at a time, and before long it will break completely, leaving you shiftless, so to speak. If you've ever tried to remove one of these cable ends after it has broken I'm sure you've become frustrated at the difficulty.

Inspect and replace often, and I repeat, it's cheap insurance!

Handlebar Tape

Replace when torn or worn excessively. Make sure bar end plugs are in place and fit snugly.

For all maintenance, if you can't do the work or don't have the tools, find a reputable shop with a good mechanic to do the work for you. Clean the bike before you take it in. Remember, maintenance is not a once-a-year exercise. Inspect your bike often to head off any potential problems.

Have a great and safe season! **HN**

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Recovery

A crucial component for success

(As copied from the 9th Edition of *The Endurance Athlete's GUIDE to SUCCESS*, "Recovery" section on pages 74-95.)

BY STEVE BORN

***Steve's Note:** The overview section at the beginning of this article states that recovery is "Often overlooked, always important," and I couldn't agree more. Even though taking the necessary steps to ensure proper recovery after every workout and race is truly a crucial aspect of the whole athletic performance "picture," far too many athletes either neglect it altogether or are terribly inconsistent when it comes to "refilling the tank." As you can probably tell, I'm extremely zealous about the importance of maximizing recovery, mainly because it's such an easy thing to accomplish and the benefits to be reaped are tremendous. In fact, I am absolutely convinced that if athletes paid as much attention to recovery as they do to their workout program and the equipment they use, they would:*

- *Be able to ramp up their training and become more fit without their muscular and immune systems taking such a hit*
- *Enjoy more personal bests in their racing*
- *Experience a lot less sick days*

*In this issue of Endurance News, we have a limited amount of space to discuss some of the aspects of recovery. However, since it is such a vitally important component of athletic performance, I would strongly recommend that you read (and re-read) the entire article in *The Endurance Athlete's GUIDE to SUCCESS* and adopt the guidelines that we suggest. Recovering properly is important all year long, but especially at this time of year, when your workout load is reaching its peak, with key races coming up soon. **DON'T IGNORE IT!** Trust me, recover properly and your body will thank you; the improvements that you'll see in your workouts and races will be your proof.*

Carbohydrate replenishment - The sooner the better

Now let's consider carbohydrate replenishment, the most obvious nutritional issue caused by endurance exercise. When you know the mechanism of carbohydrate replenishment, you can very effectively dial in your energy recovery program, so let's briefly review your energy use and restoration cycle.

When you begin a workout or race, the primary fuel your body uses for the first 60-90 minutes or so is known as muscle glycogen, a glucose polymer that contains tens of thousands of glucose units arranged in branched chains. As your stores of muscle glycogen become depleted, your body switches over to burning fat reserves along with carbohydrates and protein consumed during exercise. You've only got a finite amount of this premium fuel, muscle glycogen, but its importance can't be overstated. In fact, several studies have shown that the pre-exercise muscle glycogen level is the most important energy determinant for exercise performance.

Needless to say, to have a good race or workout, you need to start with a full load of muscle-stored glycogen; athletes who have more of this readily available fuel in their bodies have a definite advantage. The good news is that you can substantially increase your glycogen storage capacity through the process of training and replenishing. Here's how your body does it: Along

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Pick up *The Endurance Athlete's GUIDE to SUCCESS* today to find this and many other articles with in-depth fueling information to help you train and race to your highest potential. Available in hardcopy for \$7.95 and as a FREE download at www.hammernutrition.com.

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with insulin, which regulates blood sugar levels of ingested carbohydrates, an enzyme known as glycogen synthase converts carbohydrates from food into glycogen and stores it in muscle cells. This also drives the muscle repair and rebuilding process. However, to maximize the recovery process, you need to take advantage of glycogen synthase when it's most active. Carbohydrate replenishment as soon as possible after exercise, when the body is most receptive to carbohydrate uptake, maximizes both glycogen synthesis and storage. Glycogen synthesis from carbohydrate intake takes place most rapidly the first hour after exercise, remains fairly active perhaps another hour, and then occurs at diminished levels for up to six hours longer. Researchers at the University of

Texas at Austin demonstrated that glycogen synthesis was highest when subjects were given carbohydrates immediately after exercise. Depletion followed immediately by carbohydrate intake yields the maximum glycogen resupply. To paraphrase the late Ed Burke, a well-known nutritional scientist on recovery, "The sooner you do it, the better."

Complex carbohydrates versus simple sugars

The one time when your body isn't going to put up much of a fuss regarding complex carbohydrates versus simple sugars is right after a hard, glycogen-depleting workout. At this time, your body is in such dire need of replenishment that it'll accept just about anything. That said, complex carbohydrates still offer a distinct

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The results are in!

- A less-fit athlete, or one who has not been refueling properly after exercise, has very limited muscle glycogen available, perhaps as little as 10–15 minutes worth.
- A fit athlete who has been consistently refueling his or her body with carbohydrates immediately after exercise can build up a glycogen supply that will last for up to 90 minutes of intense exercise. For instance, a well-trained 160 lb (72.5 kg) marathoner packing some 2,000 calories worth of premium fuel can cover 18 miles in 90 minutes at a 5 min./mile pace. He'll need to consume some carbs to finish the race, but he's in good shape fuel-wise.

Which would you rather have when the gun goes off, 15 minutes of on-board fuel or 90 minutes?

- continued from page 67

advantage over simple sugars, which is why we strongly recommend using them. Here's why: Complex carbohydrates (such as the maltodextrin we use in Recoverite) and simple sugars (except fructose) have a high glycemic index (GI). This allows them to raise blood sugar levels and spike insulin rapidly, both desirable functions post-exercise. However, complex carbohydrates allow for a greater volume of calories to be absorbed compared to simple sugars. In other words, when you consume complex carbohydrates instead of simple sugars after exercise, your body is able to absorb more calories for conversion to glycogen without the increased potential for stomach distress that commonly occurs with simple sugar fuels.

Additionally, most of us already over-consume simple sugars from our daily diets. Numerous studies clearly show that sugar consumption in America is outrageously high. A report from the Berkeley Wellness Letter stated that each American consumes about 133 pounds (60+ kg) of sugar annually; that's over 1/3 pound sugar every day, 365 days a year! The USDA's "Dietary Assessment of Major Trends in U.S. Food Consumption, 1970-2005" (www.ers.usda.gov/Publications/EIB33/EIB33.pdf) illustrates the U.S. sugar/sweetener-consumption problem even more in stating, "In 2005, added sugars and sweeteners available for consumption totaled 142 pounds per person, up 19 percent since 1970."

It is abundantly clear that most-to-all of us are over-consuming sugar, and that excess sugar consumption is implicated in a number of health problems; for that reason alone their consumption should be extremely limited. Additionally, if they don't offer any specific post-workout benefits (which they don't), then why use them? (Note: Check out the many sugar-related articles on the Hammer Nutrition website—particularly the ones written by Nancy Appleton, Ph.D.—for more information on this important topic.)

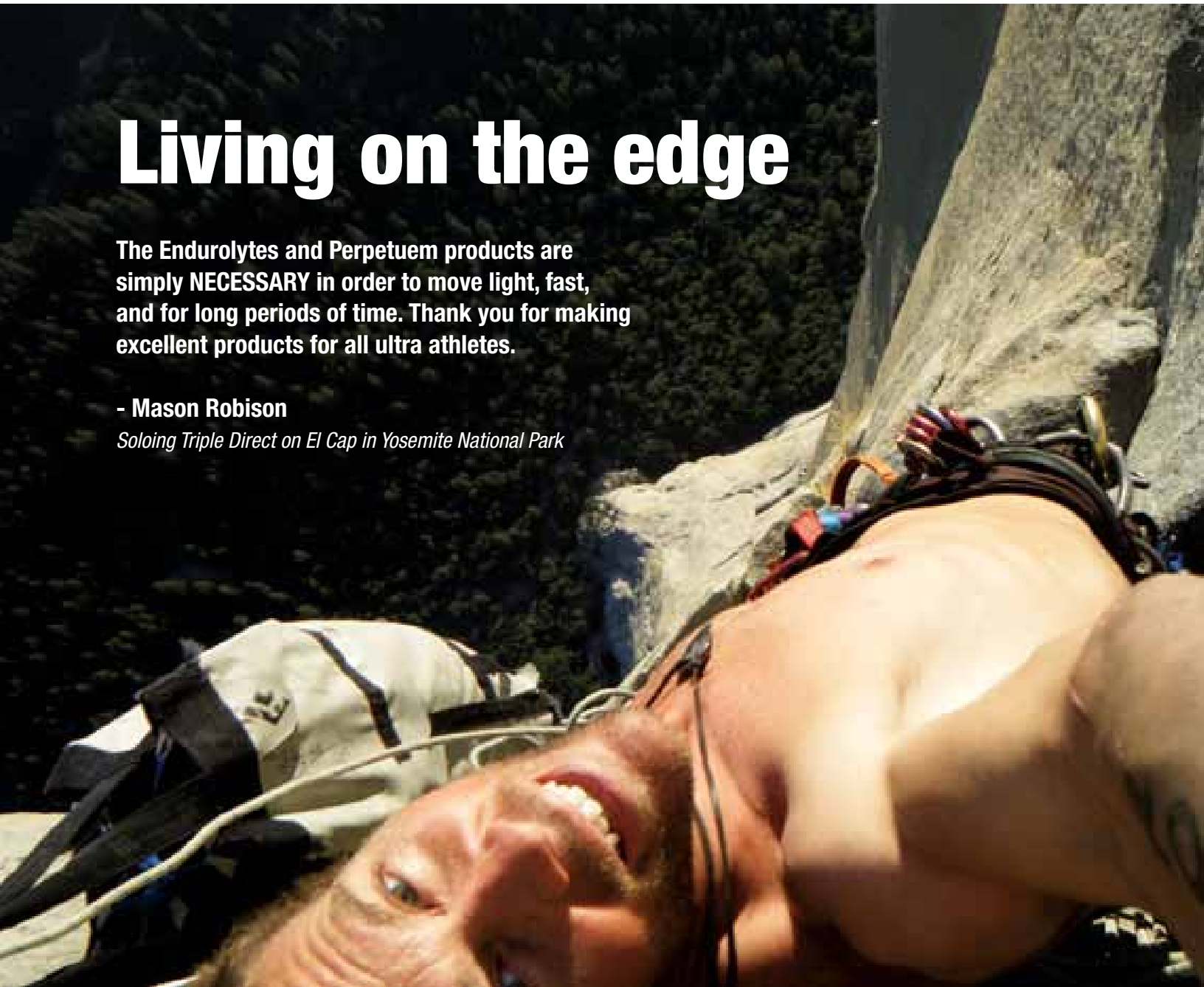
Bottom line: Simple sugars don't provide any benefits for general health or recovery. Use only high glycemic, complex carbohydrates (maltodextrins) to optimally replenish glycogen stores. **HN**

Living on the edge

The Endurolytes and Perpetuem products are simply **NECESSARY** in order to move light, fast, and for long periods of time. Thank you for making excellent products for all ultra athletes.

- **Mason Robison**

Soloing Triple Direct on El Cap in Yosemite National Park



Heaven sent!



MSRP
\$3.50 each
\$3.25 for 12 or more

“ I just received my Hammer Recovery Bars and I was in *Heaven*. I only got a few since most protein bars are not very good. I am **IN LOVE** with the Hammer Recovery Bar. I will be placing a new order for more. Thank you, finally a protein bar that makes you feel like you're cheating because it is so **AMAZING!!!** ” - Connie P.

Whether on its own as a solid-food recovery fuel, a second meal after your immediate post-workout/race bottle of Recoverite, or as an occasional snack to bolster your daily protein intake, the **Hammer Recovery Bar** fits the bill perfectly.

- High-quality whey protein
- 70% organic ingredients
- Gluten-free, GMO-free, certified dairy kosher



SPECIAL OFFER!

Purchase 12 or more Hammer Recovery Bars and receive three FREE single-serving packets of Recoverite, one in each of our delicious flavors. Valid while supplies last. Ad code EN80FBR. Offer expires 7/27/12. A \$9.75 value!



ORDER TODAY!
1.800.336.1977
www.hammernutrition.com



Coolers are lined up in anticipation of an event. Photo : Suzy Degazon

Upcoming Hammer Nutrition-Sponsored Events

There's really never any "downtime" when it comes to event sponsorship, but when we compiled our Master Calendar of 2012 sponsored events, June and July made us stop and say, "Holy cow! We've got a LOT of events happening in these two months!" In fact, as I write this article in early May, the tally for Hammer Nutrition-sponsored events for June and July has already reached more than 400. Over a nine-week period, we'll be sponsoring somewhere between 45-50 events EACH AND EVERY WEEKEND—now that's a lot of events!

The first months of summer are obviously the perfect time to get out and put all of that spring training to the test, and it is quite likely that Hammer Nutrition will be at your next event to help fuel your efforts. While space limits us from including all of the great competitions we're honored to sponsor, the following list provides a sample of events happening throughout the U.S. where you'll find Hammer Nutrition products. For a full list of Hammer Nutrition-sponsored events, simply click on the EVENTS link on the Hammer Nutrition website.

ROAD CYCLING/ULTRA CYCLING

- 6/2 – Mount Joy Road Race**
Pennsylvania – www.proamcycling.com/events.htm
- 6/3 – Wildest Ride in the West**
California – www.wildestride.com
- 6/3 – Le Tour de Mont Pleasant**
Michigan – www.tourdumontpleasant.com
- 6/10 – Gran Fondo Cannondale Beverly Hills**
California – www.granfondo-world.com/los-angeles-home
- 6/15 – Bighorn Trail Run**
Wyoming – www.bighorntrailrun.com
- 6/23 – Kickapoo Kicker Stage 2 WI Triple Crown**
Wisconsin – www.kickapookicker.com
- 6/29 – Baker City Cycling Classic**
Oregon – www.bakercitycycling.org/BCCC/Home.html
- 7/21 – Jederman Gran Fondo**
Washington – www.emdesports.com
- 7/13 – The Fireweed 400**
Alaska – www.fireweed400.com
- 7/29 – Vuelta A Miami 2012**
Florida – vueltaamiami.com

MOUNTAIN BIKING

- 6/3 – Hanson Hills Challenge XC**
Michigan – www.funpromotions.com/results/mtb/2012/6-3-12.html
- 6/3 – Bearscat 50**
New Jersey – www.blackbearcycling.com/scat12

6/3 – Return on the Jedi

Oregon – www.pistis.us/jedi.htm

6/8 – Race to Sunset

North Dakota – www.epic-sports.net/racetosunset

6/16 – 24 Hours in the Enchanted Forest

New Mexico – www.24hitef.com

7/7 – Tahoe Sierra 100

California – www.globalbiorhythmevents.com/2009-tahoe-sierra-50100

7/15 – Breckenridge 100

Colorado – www.warriorcycling.com/races/breckenridge-100

7/21 – Jerdon Mountain Challenge

North Carolina – www.blueridgeadventures.net/jerdon/default.html

7/28 – 6 & 12 Hours of Humboldt

California – www.teambigfoot.net/12HofH2011.htm

ULTRA RUNNING

6/2 – Pocatello 50

Idaho – pocatello50.com

6/2 – Kettle Moraine 100

Wisconsin – kettle100.com

6/9 – Pengelly Double Dip

Montana – runwildmissoula.org/index.php/ID/d99534ea/item/pengelly-double-single-dip/fuseaction/rwm.clubRaces.htm

6/9 – Run Under The Stars 10-Hour Run

Kentucky – 66.49.143.115/phpnuke/index.php

6/16 – Mt. Evans Ascent

Colorado – www.racingunderground.com/mtevens

6/23 – Eastern Divide Ultra

Virginia – www.easterndivideultra.com

6/23 – Running with the Devil

Nevada – calicoracing.squarespace.com/running-with-the-devil

7/8 – Loon Mountain Race

New Hampshire – www.acidoticroacing.com/LMR.html

7/21 – Capt. Karl's Mule Shoe Bend

Texas – tejastrails.com/CaptKarl.html

7/28 – Burning River 100

Ohio – burningriver100.org/

TRIATHLONS/DUATHLONS

6/2 – Tri-Shark Triathlon

Illinois – tri-shark.org

6/2 – Rock 'N Rollman

Georgia – gamultisports.com/rocknrollmanraceseries/

6/3 – Title 9 Women Only Tri @ Escape

Massachusetts – www.maxperformanceonline.com/Title9RaceSeries.html

6/3 – Tejas Triathlon

Texas – www.out-loud.org/index.php/triathlons/tejas-triathlon

6/3 – Pigman Sprint Triathlon

Iowa – pigmantri.com/pigman-sprint

6/7 – Cedar Lake Tri Series

Connecticut – newingtonbike.com/about/2012-multisport-series-pg575.htm

6/8 – Moses Lake Family Tri & 5K/10K Runs

Washington – www.buduracing.com/events_detail.php?e=751

6/9 – HITS Tri Series-Hunter Mountain

New York – hitstriathlonseries.com/hunter-mountain-ny

6/9 – Ruidoso Sprint & Kids Triathlons

New Mexico – www.bicycleruidoso.com/ruidoso-sprint-triathlon

6/10 – Greater Nashua Sprint Tri

New Hampshire – www.nashuaytri.com

6/16 – Eagle Creek Tri #1

Indiana – secure.getmeregistered.com/get_information.php?event_id=6025

6/16 – Topeka Tinman Tri

Kansas – topekatriathletes.com/races/topeka-tinman-triathlon-duathlon

6/17 – Triathlon Trilogy 1

Florida – triathlontrilogy.com

6/23 – Tri the Midlands

South Carolina – www.trithemidlands.com

6/30 – Mountain Tropic

Utah – bbsctri.com/mountain-tropic

7/7 – June Lake Triathlon

California – highsierratri.org/junelake.html

7/7 – Diamond in the Rough Tri

Maryland – www.piranha-sports.com/Race180.aspx

7/8 – Chattanooga Waterfront Triathlon

Tennessee – www.team-magic.com/events/waterfront/index.html

7/15 – Heart of the Lakes Triathlon

Minnesota – www.holtri.org

7/21 – NJ State Triathlon

New Jersey – newjerseystatetri.cgiracing.com

7/22 – ACME Multisports Music City Triathlon

Tennessee – <http://team-magic.com/events/musiccity/index.html>

7/22 – Hagerstown Sprint Tri

Maryland – www.racinemultisports.com/Triathlon.html

7/28 – Wahine Women's Tri & Du

Oregon – racecenter.com/allwomens

7/28 – Chase the Police Triathlon

Minnesota – www.walkertriathlon.com

7/28 – Top Gun Triathlon

Florida – trievent.com/topgun

7/29 – Benson Bear & Shale Hill Triathlon

Vermont – www.shalehilladventure.com/benson-bear-triathlon.html

7/29 – The Crabman Sprint Tri

Rhode Island – trimomprod.com/The_Crabman.html

MISCELLANEOUS

6/2 – Arkansas River Canoe & Kayak Race

Arkansas – paddlearkansas.com

7/7 – Missouri River Freedom Race

Missouri – www.mrfreedomrace.info

7/22 – Grimaldo's Mile (Swim)

New York – grimaldos.org

7/29 – Open Water Swim Challenge & Aquathon

Texas – www.openwaterswimchallenge.com

Dear Hammer Nutrition,

I want to thank you for your generous contribution and overall support of the trail races and ultramarathons that we promote here in Minnesota, including the Zumbro Endurance Run, Superior Spring Trail Races, Afton Trail Run, and Superior Fall Trail Races. Having a generous, reliable nutrition sponsor for our unique and challenging events is not just a luxury, it is a necessity. Our runners choose to participate in extremely physically demanding events, pushing their endurance to its limit. As race organizers, we are provided with peace of mind knowing that year after year they will find high-quality Hammer Nutrition products



at our aid stations. Not only does having your products at our aid stations provide our participants with the fuel needed to finish our races, we believe that it helps keep them safe while out on the trail by keeping them topped off with high-quality, easily digestible energy and hydration products. I can confidently say that having your products at our races over the years has helped to make Hammer Nutrition the

preferred endurance supplement brand of the runners who participate in our races and in our local trail and ultrarunning community in general.

We thank you for your past involvement and this year's contribution, and look forward to continuing the relationship for years to come.

Sincerely,
John Storkamp
Race Director
Rocksteady Running LLC

South Africa (by way of Singapore)

Hammer Nutrition Singapore sponsored the two-man team of Morten Hansen and Lars Spangberg in the 2012 Cape Epic, an eight-day stage race in South Africa of roughly 781K and 16,300 meters of climbing. Cyclists from around the world enjoyed the beauty of South Africa in what has been called the "Tour de France of mountain biking." This event is currently the most-televised mountain bike race in the world.



Photo : Roy Whitworth

From Lars Spangberg:

It has been an amazing experience to participate in the "toughest MTB race in the world." It was a very emotional feeling to see the sign with the last 5K on the last stage and then pass the finish line. Lars actually pulled a great sprint out of his sleeve for the last sprint, and we managed to overtake 12 riders over the last 300 meters (placing 77th out of 220 teams in the masters category and 264th overall out of 600 teams).

Thanks Hammer!
Lars Spangberg

From Morten Hansen:

My teammate Lars from Sweden and I raced under the team name Singapore Racing Vikings.

For this event we were only powered by Hammer Nutrition, specifically Perpetuem and Endurolytes Fizz, plus Endurance Amino, Race Caps Supreme, and Anti-Fatigue Caps. After each stage we would have Recoverite, and in the evening we took REM Caps to ensure a good night's rest. All of this was kindly subsidized by Hammer Nutrition Singapore.

I will definitely do the Cape Epic again! I am planning a comeback in 2014, and a minimum of a top 50 result in the masters category.

Thanks Hammer!
Morten Hansen





Philippines

Reynaldo “Rey” Jimenez, Hammer Nutrition Philippines client and ultra distance athlete, is hitting it hard again in 2012 in endurance events, with his spring races all part of training for The North Face 100 Philippines in April. “TNF 100 was my first 100K ultra trail run,” Rey shared after a successful finish. “For race training, I combined long road runs, day hikes, and some road cycling to improve my cardiovascular fitness. I expected a very long day for me during TNF 100 and relied on Perpetuem as my primary fuel for the race, coupled with some Hammer Gels and a few servings of HEED for variety. Endurolytes capsules and Anti-Fatigue Caps were in my backpack pockets for proper electrolyte levels during the day and night, and to help reduce fatigue in this endurance event.”

In March, Rey crosstrained with some cycling hill climbs in the Vuelta Dagupan Race to the Top Cycling Challenge, a two-day stage race. On April 1 he competed in the 42K Mount Ugo King of the Mountain Trail Run, placing 13th overall. “I relied on Perpetuem the whole way and maintained my hourly electrolyte intake despite the cool temperatures and through the tough climbs going up Mount Ugo. Anti-Fatigue Caps also kept me going strong to finish in 13th place overall, my best finish in any race,” Rey said.



Climbs, climbs, and more climbs await Rey Jimenez in the Vuelta Dagupan 2-day stage race. Photo : Neville Banez /Cyclelogical Bike Shop



Trail conditions get challenging as Rey nears the top of Mount Ugo in the 42K King of the Mountain Trail Run in the Philippines. Photo : courtesy of Jonel Mendoza



Norway

Wolfgang Egge-Jacobsen, Hammer Nutrition’s distributor in Norway, is helping to spread the word about proper fueling. He represents the brand through sponsorship of mountain bike races and triathlon events in Norway and also by competing in MTB races in Europe. In 2011 he raced the TransGermany, a four-day stage race that makes a complete traverse through the mountains, from Bavaria in the south of Germany to Austria. “Although I only trained 70K a week, I survived thanks to the Hammer Gels, Perpetuem, and Sustained Energy,” Wolfgang said.



Photo : www.Sportograf.com

Hammer Nutrition elite teams get a great start in 2012

Intro by Dustin Phillips

Each year I get the privilege and responsibility of selecting the teams that Hammer Nutrition will support for the coming season. It always requires a great deal of time and thought to determine which teams reflect Hammer Nutrition's values through their development and team philosophies, and this year was no different. You will recognize most of the Hammer Nutrition-sponsored teams from the past, but there are some new faces being introduced here as well. Based just on the first few months of this year, I am confident that I have made good choices in investing confidence into the following teams.

I have listed each team with a short recap of their brief history, their mission statement, and a link to their website in hopes that you will enjoy following them through the season as much as I do. Consider supporting them in their efforts to make waves on each of their respective racing circuits. After working with many of them closely for several years, I have found that they are good people enjoying the life as elite racers, with some good days and some bad days, but always giving everything they have to their dream.



TEAM CF

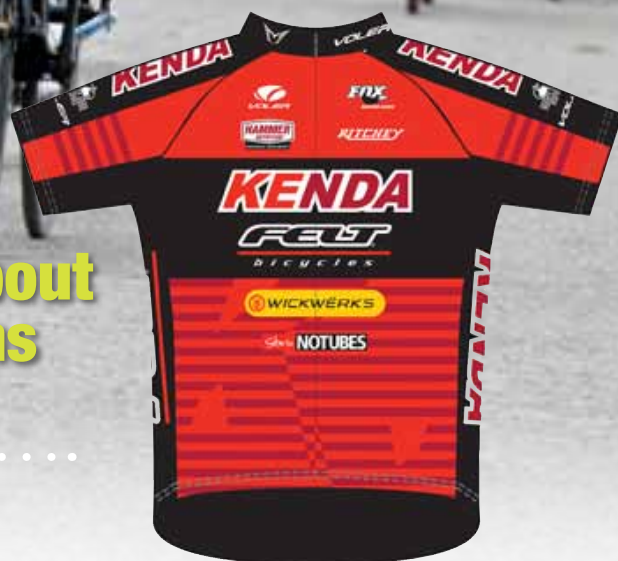
www.teamcf.org

Team CF represents a group of competitive cyclists committed to the development of a cure for cystic fibrosis (CF). CF is a lethal genetic disease that causes excess mucus accumulation in the lungs (causing chronic infections) and in the pancreas (causing malabsorption). There is no cure for CF, although good clinical care can extend life into the 30's and 40's. Team CF's mission is to use cycling as a platform to promote fitness for those with CF, which has been shown to improve their health. The team also aims to raise awareness of this disease and to help the Cystic Fibrosis Foundation (CFF) raise money for CF research through their Cycle for Life events. Members of Team CF compete in a range of cycling disciplines, from elite professionals to beginners, and the team includes some young adults living with CF.

TRI4HIM Team

www.tri4him.com/elite-team.php

Tri4Him is an organization that focuses on both the physical and the spiritual aspects of the sport of triathlon. Tri4Him's Pro/Elite Team, Age-Group and Junior Elite teams, and Performance members are equipped through the TriDot training system to help them maximize their performances and reach personal triathlon goals. Members also find support and camaraderie through local groups found all over the country. In 2011, the Tri4Him Pro/Elite Team saw 38 top 10 finishes (12 of those in long-course events), four top 10 finishes at Worlds or Nationals events, five World's-qualifying finishes, and a USAT duathlon national championship. We're looking forward to another great year in 2012!



Read more about our elite teams on page 77.

CASH CALL

www.cashcallcycling.com

The CashCall Mortgage cycling team, owned and operated by IPA Sports, Inc., was formed in 2010 with the mission of helping develop the next generation of professional cyclists. Team manager Paul Abrahams, a four-time U.S. national champion, decided that it was time for a development team to support the talented young riders coming out of Southern California. With the backing of a sponsor new to the cycling world, the CashCall Mortgage cycling team was officially launched in January 2011. Racing with the following principles in mind has led to the team's success.

Driven to Excellence: We communicate, think, and act in a manner that exemplifies personal and professional excellence.

Integrity: We inspire trust because we do what we say we will do.

Innovation: We relentlessly pursue dynamic change and individual initiative. We utilize technology to develop processes that cultivate lifelong relationships.

Winning Team: We believe it is always the extraordinary efforts of our team members working together that make great things happen.

By the end of the 2011 season, the team was clearly one of the best teams in California, having won over 30 races and standing on the podium over 60 times. Every single member of the CashCall Mortgage cycling team won a race in 2011.

With the success of the previous season, the 2012 team has added KHS Bicycles and Sho-Air International as co-sponsors. The team is now supported by 15 partners committed to the team's future successes. Since the beginning of the season, the team has already accrued multiple top 5's, podiums, and wins. We are excited to continue the development of our athletes throughout the season, but most importantly, to succeed as a team.

KENDA/FELT MTB TEAM

www.kendamtbteam.com

From short track to 100 milers, the Kenda/Felt Team has a rider ready to take on the challenge for the 2012 mountain bike season. As of early April, we have had pro podiums in XC, Super-D, STXC, a 50-mile race, and a 100-mile race. Colin Cares is leading the Pro XCT standings, and the Kenda/Felt Team is the 2nd place team in the Pro XCT standings. Amanda Carey is back to defend her National Ultra Endurance series crown after winning the series overall in 2010 and 2011. In 10 NUE starts, she has 10 wins. Amanda's top goal for the year is to get her third NUE series title.

Given the intensity of our schedule and the high level of our racing, the Kenda/Felt Team relies on Hammer Nutrition products during training, racing, and for recovery after races. It's hard to imagine doing what we do without Hammer Nutrition products!



Local hero and pro mountain biker, Sam Schultz, raises his hands in victory.
Photo : Tom Robertson

Aiming for local glory at the Hammer Nutrition Missoula XC at Marshall Mountain!

BY PHIL GROVE

It's not too often that "big time," pro mountain bike racing comes to Montana, so when it does, you better believe that some folks come out of the woodwork to show what they've got. Having lived here for the better part of a decade, I've noticed that Montana isn't very well known for its bicycle racing scene—kind of ironic considering that we live in one of the best states in the country for mountain biking. Our state race series usually sees less than 100 racers for all categories combined, and the "spectators" are usually just friends and family members. It's not that we have a lack of great events here in Montana, but when a race that is considered to be "close by" is four hours away, well, you can see why lots of people would rather just stay home for the weekend and ride their own trails.

Last year's inaugural Missoula XC at Marshall Mountain was founded on a bit of a "if you build it, they will come" mentality. If you didn't get to attend last year's XC and haven't seen any photos from the event, to summarize

that it was a great success might be an understatement! Over 1,000 spectators made the trek over to Marshall Mountain, a beautiful venue just outside Missoula, MT, to watch the elite races, and several hundred amateur racers took to the challenging course over the weekend. The combination of plentiful spring rain and sun made the grass so green and the mountains so beautiful that I could have easily been fooled into thinking I was racing in Switzerland!

Pro racers came from across the U.S. and even Canada to try to lay claim to the first Missoula XC at Marshall Mountain, but when it was all said and done, Missoula's local hero Sam Schultz was King of the Mountain. Few Montanans in the know had any doubt that this would be the case, but what about those other Montana riders who wanted to show their stuff? Montana mountain bikers also placed 12th and 19th, and I came rolling in dead-dog tired in 22nd in a stacked elite men's field from all over the country. A good friend of mine and

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Hammer Nutrition named title sponsor of Missoula XC at Marshall Mountain

The Missoula XC at Marshall Mountain is proud to announce their title sponsor Hammer Nutrition for the 2012 Hammer Nutrition Missoula XC at Marshall Mountain on July 14th, 2012 in Missoula, MT.

"We are really excited to have Hammer Nutrition become our title sponsor," Ben Horan, Technical Director and Co-Promoter of the said. "They are a Montana company that is known all over the world for their great products and they were great supporters for our Pro XCT debut in 2011. We have friends and fellow racers who work, are sponsored or put on camps in conjunction with Hammer Nutrition so we are very happy to be working with our friends from Whitefish, Montana to put on a great race this summer!"

Hammer Nutrition is equally excited to be part of the 4th stop on the 2012 USA Cycling Pro XCT calendar for 2012 as evidenced from their blog post, dated Friday March 16, 2012:

"It's not often that a national caliber event (of any sport) takes place in Montana, so when they do it creates quite a stir. Last spring (2011) when some core Missoula mountain bikers told us they were putting on a brand new mountain bike race, and that it was part of the USA Cycling Pro XCT, our reactions included a range between "Really!" and "Awesome!". We sponsored the event sight unseen with Hammer Gel, HEED and Recoverite last summer (2011) and the race blew away all expectations. Over a thousand spectators came out to watch the main event and celebrate the sport of mountain biking in Missoula, Montana, which sits only a couple of hours away. So a couple of weeks ago when the opportunity presented itself for Hammer Nutrition to become the title sponsor of the Missoula XC at Marshall Mountain, we just couldn't say no! We're happy to help bring national level mountain biking to Montana, and showcase our great products alongside the sports' elite."

"The Hammer Nutrition Missoula XC at Marshall Mountain is now a UCI C1 event so we stepped up our game and Hammer Nutrition is a big help in getting us to that next level of racing," said Horan."

USA Cycling ProXCT: www.usacycling.org/proxct
Hammer Nutrition: www.hammernutrition.com
Hammer Nutrition Missoula XC at Marshall Mountain: www.missoulaxc.org

HAMMER NUTRITION ELITE TEAMS CONTINUED



RGF SPORTS

www.rgfsolutionsportsmarketing.com

Heading into its sixth season, RGF Sports has assembled its strongest team to date. This year's roster includes several past USA Cycling national champions and USA criterium champions with arguably one of the nation's strongest women's amateur teams based throughout the Midwest. RGF Sports will compete in major U.S. events including the USA CRITS Championship Series, Tour of America's Dairyland, ICC Superweek, Glencoe Grand Prix Pro Cycling Race, Tour of the Valley, Alexian Brothers Tour of Elk Grove, Joe Martin Stage Race, USA Cycling National Road and Criterium Championships, and select National Racing Calendar (NRC) events in 2012.

HAGENS BERMAN

(of Lake Washington Velo)
www.hagensbermancycling.com

Lake Washington Velo (LWV) was established in 1997 with the goal of developing not only the cycling abilities of its members, but also the sport of competitive cycling in the U.S., and specifically the northwest region. The LWV program is built to offer young riders an environment in which to explore the world of competitive racing. LWV sees immense value in promoting cycling at an early age and seeks to help shape riders into confident, balanced individuals. More experienced riders share their knowledge with less experienced team members. In addition to racing, members are encouraged to be active in the club and assist in the clubs operations and projects. Our club is active in promoting races, training rides, training camps, community involvement, and coaching, among many other activities. LWV provides the following benefits toward the development of individual members:

1. Access to coaching in physical training, cycling skills, racing tactics, and strategy.
2. Financial support in the form of race fees, travel expenses, and equipment from sponsors.
3. The opportunity to reach all goals and dreams within the sport of cycling: winning races, promoting races, mentoring, and much more.

In 2001, LWV made a successful debut on the national professional/amateur racing circuit with the formation of the Broadmark Capital Elite Cycling Team. The program, now called the Hagens Berman Cycling Team, has proven to be among the top amateur teams at the pro/am events on the USA Cycling National Race Calendar (NRC) for the past nine seasons. Since 2001, 17 of our riders have graduated to professional teams including riders like Tyler Farrar and his Garmin teammates Svein Tuft and Tom Peterson, and more recently, graduate Adrian Hegvary of United Health Care. **HN**

Hammer Camps 2013

Join us for a week of winter training in sunny Tucson!

Kick-start your 2013 cycling season by joining us for one of our exciting, educational camps in sunny Tucson, Arizona. Start making plans now—space is limited to 15 campers per Hammer Camp, and we expect available spots to fill quickly.

2013 Camps

January 21-27

February 18-24

March 4-10

Space is limited, sign up today!

1.800.336.1977

www.hammernutrition.com/events/camps



"Hammer Camp was good fun and a great place to hang out with people of the same interests." - Donna P.

"The camp experience was well thought out." - Barney S.

"Both Brian and Jim's informal talks were great (so were those of the Cycling House staff)!"

Photos : Owen Gue



- continued from page 76

Hammer Nutrition fan, Doug Shryock, also put up a good fight in the Cat 1 men's event, placing 4th just behind three world cup level juniors. He described the blazing-fast youth, who were all much smaller than him, as a "swarming pack of bees"—and Doug is in fact allergic to bees, but he gave them his best shot!

Last year's Missoula XC at Marshall Mountain blew away my expectations for what mountain bike racing could be in the states. I've always loved the sport, but I've never seen such hoards screaming at me to sprint up every climb and fly down each descent as if it were my last. The crowds literally lined the entire circuit, and I could tell precisely where the race leader, Missoula's pride and joy, was located on the course based on the cheers. I came back to Hammer Nutrition headquarters and wouldn't keep quiet about this race for the rest of last summer, and I'd like to think that it played some small part in Hammer Nutrition stepping up as title sponsor for this year's event. Not only will Hammer Nutrition fuels be on the course again to help riders blast up the steep climbs of Marshall Mountain, we're also committed to growing the Hammer Nutrition Missoula XC at Marshall Mountain into the premier XC race in the states. The spark of pro mountain bike racing has been lit in Missoula, and we're very intrigued to see what our quirky friends in the college town to the south of us are capable of pulling off. I feel like I say this every summer, but if you're not sure what you're up to this mid-July, come on out to Montana. You won't regret it! **HN**



The author, Phil Grove, zooms past the photographer on a downhill section.
Photo : Tom Robertson

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Building our future

Hammer Nutrition-sponsored junior teams

Intro by Dustin Phillips

While we are excited about elite top-level teams and what they have accomplished, I feel pretty comfortable in stating that our junior squads are what we are most proud of. As sponsors of these cycling teams Hammer Nutrition has watched their progress and has seen impressive results and even more impressive community impressions. The volunteers and coaches of these programs have consistently produced talented young athletes, some of whom have graduated into the highest level of competition in their discipline. All team members get a head start in life with the tools that these programs teach them.

I am proud to highlight our 2012 junior programs. Each program is as unique as each rider, focusing on different disciplines and building platforms that best suit the riders they are encouraging. The common thread of these teams is that they have been successful in creating stepping stones for kids in the world of cycling, along with their life outside of cycling.



AZ DEVO

www.azdevocycling.com

American cycling does not enjoy the same level of support as most other sports. If a young cyclist wants to compete at the top level of the sport, the rider and his family must incur all expenses with little or no support. The U.S. doesn't always send the best riders to national and international competitions . . . we are just sending our best riders who can afford it.

AZ Devo hopes to bridge this gap by becoming the premier junior development cycling program for Arizona and the country. By developing and supporting elite cyclists at a young age, we will help raise the talent level in the U.S. and be more competitive on the international scene. Fun, goal setting, sportsmanship, team unity, honesty, responsibility, environmental awareness, community service, and wellness are among the characteristics we emphasize and teach.



*AZ Devo rider Clayton Stone claims 1st place in his age group at Estrella Hedgehog Hustle.
Photo : Darren Williams*

The BYRDS team warms up for the 2012 Dirt Bike Dash #1.
Photo : Erik Nystrom



BYRDS

www.byrdscycling.com

The Boise Young Rider Development Squad (BYRDS) is a bicycling program designed to introduce youth (ages 6-18) to the sport of cycling. The goal of this program is to provide interested junior boys and girls with the training and understanding of equipment, rules, safety, and the benefits of cycling as a lifelong sport.

BYRDS Cycling welcomes new riders and families to the club. We currently have over 140 young members who participate in weekly road, mountain, and cyclocross bike rides, and in events and races. We invite you to come ride with us . . . everyone rides!

TEAM CMG

www.cmgracing.com/news

Cycling Management Group is a company specializing in the day-to-day management of bicycle racing teams. The CMG Racing Team has been an elite-level junior category team for five years and currently has top ranked junior riders and members on the national team. In the past five years, CMG riders have participated in events in Belgium, Germany, Italy, Switzerland, Czech Republic, and Croatia as members of the U.S. Junior National Development Team.

CMG principal, Oliver "Butch" Martin, is a former two-time U.S. Olympian and U.S. Pan American Games Team member. Butch's coaching career has been long and extensive, and dates back to 1974. As U.S. National Road Coach and Olympic Team Road Coach, Butch's riders produced breakthrough results in the Olympics and World Road Championships as well as victories in major domestic and international events and stage races. Butch has seemed to find his knack at identifying young talent and developing riders at a positive rate to reach the highest level of performance possible—essentially creating what has been a successful program to prepare riders for the next step in their high-end cycling career.

JET CYCLING

www.jetcycling.net

JET Cycling's mission is to grow junior women's development by giving them the opportunities to compete at a high level nationally, and give them the international experience they deserve. We are on track to take our junior women's elite team, consisting of five young girls 15-16, to a UCI race in Canada. We are the only team representing the U.S. At the end of July, we will be traveling across the pond to Italy where we will compete in two races.

Junior cycling is the foundation of our future in the sport. Without a solid base, we have no chance of growing the future of professional cycling. JET Cycling is dedicated to making sure that we train, teach, and race in a healthy, happy, and fun environment.

JET Cycling is proud to be sponsored by Hammer Nutrition, and we will be displaying the logo on our jerseys and bikes in these other countries.

Read more about our junior teams on page 82.

Anders Nystrom drives the pace at the 2012 Dirt Bike Dash.
Photo : Erik Nystrom





HAMMER NUTRITION JUNIOR TEAMS CONTINUED

Tieni Duro Jr. Cycling Team
Photo : Jason Kent

TIENI DURO JR. CYCLING

www.tieniduro.org/index.html

The mission of Tieni Duro is to enrich the lives of young people and build character through the sport of bicycling by creating, supporting, and developing a cohesive team of competitive amateur junior cyclists. We foster junior participation in local, regional, national, and international competitions in a way that is healthy, fun, safe, and team-oriented.

Part of our mission is to create awareness and opportunities for everyone to become competitive cyclists and to grow the cycling community. Our sponsors help us tremendously in this regard. Hammer Nutrition provides an abundance of valuable products each year in support of the team's annual California State Junior Championship Criterium (a type of very fast circuit race) as well as for our clinics and training camps. We simply could not hold the championship race without the contributions from Hammer Nutrition.

Other sponsors like Sharp Bicycles in Lafayette offer deep discounts on bikes for kids just getting into the sport. Without these commitments and sacrifices by our sponsors and patrons, the costs of riding and racing at a competitive level would be very high, and the adoption of new kids to the sport would suffer.

RAD RACING

www.radracingnw.org/index.html

A nationally recognized and respected program founded in 1998, Rad Racing NW has been a Puget Sound-based bicycle racing team for kids age 10 to 23 for over a decade. Our riders compete in road, mountain bike, track (velodrome), and cyclocross. The program is managed and supported mainly by volunteer coaches and staff who are trained, licensed, and experienced in the USA Cycling program. Our riders compete all over the world. Rad Racing NW has guided 18 team members to be selected to compete at the World Championships for the U.S. National Team.

By instilling a positive lifelong attitude, Rad Racing NW is much more than just a bicycle racing team. We offer a comprehensive program, which introduces the sport of cycling to young people and helps them to pursue their own personal goals. Our mission is to help kids create a lifelong habit of maintaining physical fitness and grow to be confident, productive adults. Community involvement is a very important part of our program and we teach community awareness by involving our kids in community service projects.

These include both cycling and non-cycling activities such as:

- Cascade Bicycle Club Youth Activities – helping to teach young kids how to ride bikes
- Seattle Area Trips For Kids – assisting the program by leading rides and mentoring kids
- YMCA Camp Orkila – providing coaching and leadership to campers who want to learn mountain biking
- Muscular Dystrophy Association – assisting the Olympia Fire Department in collecting donations for the MDA

Helping instill self-confidence, self-respect, respect of others, and a positive attitude are Rad Racing's main mission. We believe the positive support of dedicated adults along with the bonding that comes with the team are vital in developing positive life skills. **HN**



Alex Darville flashes his "Hammer power" in Belgium.
Photo : Colby Wait-Molyneux

Team CMG and USA Cycling compete in Belgium

BY ALEX DARVILLE with intro by Vanessa Gailey

After a long flight "across the pond" to Brussels, Team CMG Hammer-sponsored cyclists Alex Darville and Colby Wait-Molyneux settled into a USA Cycling home-away-from-home in Izegem, Belgium, for several weeks of international competition.

"Our first kermis was a fast, mainly flat, short circuit; about halfway through I was able to get into a 9-man breakaway which worked very well until I got caught by more riders making a 15-man break. A rider crashed in front of me 2 kilometers from the finish—add to that a too-far-back position in the final tussle, and I lost the race. I ended in 4th place out of 165 riders, but it was a very positive day for me and Colby as we traded attacks throughout this fairly short kermis (82.5km).

Four days later, (I started getting a cold) and the Ster van Zuid Limburg began. The Ster was a four-day ordeal complete with a 5K prologue and three very tough road stages where crosswinds made the race. Here is a quick list of the Ster racing

action (Note: This racing is not fun when sick.)

April 6, 5km TT - 10th
April 7, 119K RR - 86th (caught in crash with 20K to go)
April 8, 116K RR - 6th (out of 100 competitors)
April 9, 82K of 122K - DNF (The director told me to pull the plug; we were the last ones on before the caravan.)

We had several other events over the next week, including a 128K "sufferfest." All in all, the trip was very fun, but results-wise not what I wanted. I guess it is part of the learning process! Shout out to our awesome sponsors. Without Hammer Nutrition products, I wouldn't have felt so good after traveling (jet-lag) and racing!"

Colby and Alex are members of the U.S. Junior National Team. Both represented the U.S. at the 2011 Junior World Championships in Copenhagen, Denmark last year. Colby decided not to go on the second Europe trip April 29 and will be instead be concentrating on the 2012 National Championships. Alex returned to Europe May 10 on his second trip with the national team. **HN**

Get the whole family involved!



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Photo : Janice Rumsey

The new spirit of high school sports

Intro by Dustin Phillips

In the tradition of most high schools, you get a somewhat limited choice in the activities that students can participate in. Be it basketball, football, wrestling, baseball, or similar team sports, these only allow about 5-11 of the best athletes to partake. A recent growing trend gives youth another option, where all levels of ability are invited to participate and kids can take acquired skills with them long into their adult life. Maybe that is the simple explanation for the recent explosion of the high school MTB leagues and participant numbers in California.

The trend doesn't end with California youth sports, however; there are school MTB leagues popping up in other states. Interscholastic high school mountain biking began with the NorCal League in 2001. With the help of NorCal, the SoCal League was established seven years later. Then, two years ago the National Interscholastic Cycling Association (NICA) was formed as the number of leagues expanded throughout five additional states. NICA's goal is to have interscholastic cycling leagues from coast to coast by 2020.

As NICA has evolved, so too has the level of competition and sophistication in team training. For athletes new to cycling, immediate immersion into training, racing, and the pressures to perform may be intimidating. For this reason NICA has carefully designed individual racing classes so that beginner, intermediate, and advanced riders are pitted only against peers of similar ability and experience. School team coaches do their best to carefully place riders in the following categories: freshmen, sophomore, junior varsity, and varsity.

Hammer is proud to be a supporter of these cycling programs. In addition to developing the future fans of cycling, they align with our philosophy of education and promotion of healthy living for youth. As NICA's leagues have evolved, so has the level of competition and sophistication in team training. That's where Hammer has helped to make a difference! We are proud to introduce some of the regional high school teams that Hammer Nutrition has been associated with and share their early season results and happenings.

For more information on the MTB leagues please visit www.norcalmtb.org/.

**MURRIETA VALLEY
HIGH SCHOOL**
Murrieta, California



The Murrieta Valley High School Mountain Bike Team has had a great season this year, with so many determined, hardworking athletes as well as coaches. Coaches Jay Bunch, David Turner, Jeff Jordan, and Ken Fitch, along with the fantastic support of several parents, helped make this season's workouts rigorous yet enjoyable at the same time. The coaches enjoy working with this group of kids because they are disciplined and ready for anything.

All of the riders are gaining endurance, skills, and fitness while having a great time together. When pushing toward new levels of fitness, the riders are reaching for Hammer Nutrition, using HEED for energy, Hammer Whey for recovery (chocolate is a favorite!), and for those who feel that scary twitch of cramps in the muscles, Endurolytes.

Due to NICA's strict rules concerning banned substances—even banning caffeine—Hammer Nutrition products can be trusted to fuel the athletes in a responsible manner. Murrieta Valley HS MTB sends a "Big Thanks" to Hammer Nutrition for donating shorts for the whole team so that the athletes were able to "rock a pro uniform and look fierce for every single race."



HEMET HIGH SCHOOL Hemet, California

The Hemet High School MTB Team would like to thank Hammer Nutrition for supporting our team in what so far has been a very successful season. HHS is in its fourth year of competition in one of the most amazing coed high school sports ever created: the SoCal High School Cycling League. Our season began Dec. 1, consists of five weekend races, and concluded on May 20 with State Championships against NorCal. During these six months, student athletes' growth in fitness, technical riding skills, and overall confidence is tremendous.

Some of our athletes and coaches have benefited from the use of Hammer Nutrition products for several years. However, with your generous support we've now had the opportunity to introduce and provide all of our student athletes with the proper nutrition necessary to maximize their performance. On race day, each rider knows what combination of HEED, Fizz, Hammer Gel, or Endurolytes they need to be at the top of their game. They also understand the importance of post-race nutrition and the effectiveness of Recoverite.

HHS placed 2nd overall in our first season, winning three out of four races with only eight team members. We placed 1st in the league our

second season with 14 students, and repeated as SoCal Champs last year winning three out of four races with 22 athletes. This year we have 33 kids on the team and are presently in 1st place having won two out of three races so far. With two league races left, we are looking forward to State Championships this year. As a team, we are happy to represent Hammer Nutrition and sincerely thankful for your support this season.

SAN RAMON VALLEY HIGH Danville, California

It has been five years since the birth of the San Ramon Valley Mountain Bike Club Team, but our mission statement has remained the same: to contribute to the positive development of young men and women through mountain biking with a focus on student fitness, health, leadership, and active community service. In those five years, the team has grown from 12 to 52 members, demonstrating students' interest in the growing sport, which has exploded at an exponential rate since the creation of the California High School league a short 11 years ago. Our riders participate in about six races throughout the NorCal racing season. To prepare for these races, we practice three days a week after school on our beautiful local peak, Mount Diablo.

Every cyclist who participates on the team demonstrates excellent sportsmanship and determination in both races and practices, and while we consider each member exceptional, the team has produced riders that have ranked very well in both the state and national competitions. The team gives back to our community through continued collaboration with the Save Mount Diablo Foundation. Team participants end the season with increased fitness, self-confidence, and a sure understanding of what it means to be a team.

These young riders learn the importance of nutrition and bike maintenance with the help of our coaches. Hammer Nutrition is a very important part of our team's success and used at every practice and race. HEED, Hammer Gel, and Endurolytes are part of their fuel intake. Hammer Nutrition products have made a huge impact on performance in a challenging endurance-based high school sport. **HN**

Photo : Steven Pfingsten



From our athletes

Catching up with the stars of tomorrow



AAA Tri Team

Members of the AAA (American and Australian) Tri Team of central Florida gathered for a Thursday training session and a gear test of their new 2012 tri kits. With over 100 members and 60 junior athletes, AAA Tri Team continues to grow in number and achievement each year. The team currently has nine members who are 2011 Florida State Champions.

We want to know what your juniors are up to!
Send your latest news to:
athleteupdates@hammernutrition.com

Covina High School Swim Team

Thank you, Hammer Nutrition! It's sponsored athlete Suzy Degazon. I did a clinic for the Covina High School swim team and it went extremely well. They had a practice afterward and were all using HEED for the first time. Thank you very much for being the company you are and reaching out to these high schools. They are the athletes of tomorrow!



“I have never found anything that works so well and, tasted so good!”

-Steve



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Around the world in 45 days

BY TARA GERAGHTY-MOATS

For 45 days this past winter, as a member of the U.S. Junior National Biathlon Team, I was on the road with some of my teammates, living out of ski bags. We competed in 14 events in three countries, including Biathlon Junior Worlds, XC Skiing Junior Nationals, Biathlon Nationals, and Swedish Biathlon Nationals. Our travels took us to Finland, Utah, West Yellowstone, and Sweden.

It's hard to do justice to all of the experiences I had while traveling this winter, especially since, as I write this, my mind is still dazed from 36 hours of traveling back from Sweden. As a younger racer I always loved hearing the older kids' stories about racing in Europe; their amusing stories, mixed with valuable tips, made for a winning combo. This is my attempt to return the favor. Here is a somewhat random list of the experiences I've had and the lessons I've learned over the past months of racing.

Have a plan. Go into your race with a plan or strategy. If you have a plan of how you're going to do well, it not only increases your confidence level, but also your chances of doing well. Some days you'll need to change your plan mid-race. Some days your plan will fail, and then you can learn what not to do. And some days everything will go perfectly.

Things to remember when you are making a plan: Don't try anything new on race day. Have realistic expectations; it's always nice to surprise yourself but if you're hoping for miracles to happen on race day, you're just setting yourself up for failure. I was lucky enough to have one of those almost perfect days at Biathlon Junior Worlds in the sprint race. The reason I was able to do so well was I had been using the same race plan for my sprints all winter, perfecting and changing it with every race. By the time Junior Worlds rolled around, I was



confident of what I needed to do in order to have a good result. If you're confident at the start line, half the battle is already won.

Be flexible to the expectations of your environment. If it's pouring rain out and you left your rain coat in a different part of the world, a trash bag poncho is a good and very fashionable way to stay dry for official training. During Biathlon Nationals, it was pouring pretty much the entire time and I had no rain jacket. After one miserable pre-race training session I realized that I needed to find some way to stay warm and somewhat dry while I was training. Not being able to feel my fingers when I was shooting just didn't cut it. The solution? Wearing a free and oh-so-fashionable trash bag kept me warm and dry. By the next day the new trend had spread.

Enjoy the ride. When you're at high-level competitions it's obviously important to stay focused, be on your game, and kick some butt. Most of the time all you really need to do is race, sleep, and eat. Sometimes though, it's good to remember that part of racing is seeing new places, meeting people, and making connections that will last a lifetime. Going to hot springs, walking to the bakery and trying the local pastries, and getting lost in foreign cities and going down at least one one-way street the wrong way have all lead to some fun times.

Being sick doesn't mean you're slow. Inevitably during the 45 days and 14 races, there were times when I woke up feeling pretty bad. On those mornings it would have been easy to let myself rule out the possibility of doing well. Instead

- continued on page 89



Tara at the Swedish Biathlon Nationals.
Photo : Per Nilson/US Biathlon Association



Tara Geraghty-Moats skis to a national title in the Junior Women's Biathlon Mass start race in West Yellowstone, MT.

- continued from page 88

I usually opted for a longer, easier warm-up and some extra awesome songs on my pre-race playlist. Going for an easy early morning run on race day can also make switching from sick mode to race mode much smoother. It's not always possible to have a stellar performance when you are feeling crappy, but there are definitely times when you're not actually as sick as you first felt when you got up.

Learn how to sleep anywhere. This might sound trivial but sleeping really comes in handy when you are flying across the Atlantic Ocean, traveling all night on a bus from Kontiolahti to Helsinki, or stuck in the Newark airport. Not only is it good for your body to sleep, but it also kills time. Get a relaxing music playlist, pull the hood of your jacket or hoodie sweatshirt up, breathe deeply a few hundred times, and you too will find yourself able to sleep anywhere.

Drink enough water. Drinking enough water enhances your performance, decreases your recovery time, and no, it is not a banned substance. Seven of my races were at altitude, which meant that

staying hydrated was more important than usual. Not only does water enable your body to function in almost every way, if you are well-hydrated it increases your blood volume as well. When blood volume in the body is low (put simply and non-scientifically) it makes your blood thicker and harder for your heart to pump through your veins. Not only does this make high-intensity workouts and racing harder, recovery is also hampered.

Always be nice. Being one of those fast (or maybe not so fast) competitors who thinks that because they are good, the world revolves around them just doesn't cut it. Even if you're as fast as G6 and as cool as ice, you still need to be a decent person. Say thanks to your coaches all of the time, lend your teammates that spare ski pole they need, wish your competitors good luck, always offer to get the wax techs coffee, and be nice to the airline representative at the check-in counter, even if they tell you your bag is overweight. Being nice will make your life easier and the world a better place.

Hitting rock bottom happens sometimes. Part of racing is hitting

rock bottom once in a while. As my coach says, "Racing is a roller coaster. There's big ups and big downs, but the ride is always fun." At XC Junior Nationals at Soldier Hollow, Utah, the 10K skate race was my best chance for landing on the podium. I had a really fast ski time at Junior Worlds, and I was feeling confident going into the week that I could pull off a good race. Unfortunately, things don't always turn out how you plan them. At 4K into the race my lungs clamped up. For some unknown reason my asthma had picked the 10K skate race to rear its ugly head. I went from being in the top of the pack with a low heart rate and feeling in control of my race to not being able to breath in a matter of minutes, and from being in the running for the medals to being in the first aid room on oxygen in a pretty short period of time. Watching the end of the race you were supposed to be in contention for through the window of the first aid room is never fun. It was helpful to remember that everyone has bad days and what I needed to do was put the skate race behind me and move on to making the best out of the last two races at Junior Nationals.

Other random things I've learned over the past few months: Hold your thumbs for luck, reindeer sausage makes a good snack, glow in the dark underwear are an awesome invention, hard work pays off, and you can always get better. **HN**

Eighteen-year-old Tara Geraghty-Moats, a 2012 Hammer Nutrition-junior sponsored athlete, is training at home now after an epic winter of competition. Tara was the 1st place youth women's qualifier for the Junior World Championship Biathlon Team and had great results in the Biathlon NorAm series with five wins in her class and six overall podiums out of seven races.

Dear Hammer Nutrition,

I am writing to offer my congratulations to you in regards to an athlete supported by Hammer Nutrition: Tara Geraghty-Moats. Tara is one of the best female biathletes in the nation, and she has represented the U.S. Biathlon Team for multiple seasons in international World Championship competitions. Tara is also an amazing role model for her fellow teammates and fans, and her desire to succeed in the face of adversity is unparalleled. What is unique about Tara is her passion and belief in Hammer Nutrition products. I have never seen a better ambassador, let alone from an athlete supported by the brand. Tara is incredibly knowledgeable about Hammer Nutrition products, and always directs friends, fellow athletes, and fans to them. When racing on the national stage, Tara also dons a Hammer Nutrition racing uniform. Without Tara, Hammer Nutrition would not be a recognized and accepted necessity to the U.S. biathlon community. I am simply writing because I am impressed with Tara's selfless efforts for Hammer Nutrition, and you should be proud to have such a positive ambassador for your products.

Samuel Dougherty

Photo : Per Nilson/US Biathlon Association





HAMMERBUCK\$

Turn race day into **payday!**

Over \$28,000 in cash and credit awarded to 35 winners in 2011 . . . **you could be next!**

“I just wanted to give a big thanks for the Hammerbuck\$ program; I couldn’t be more proud to represent Hammer Nutrition! The program helps me continue to be able to afford to compete now that I am retired.” - Steve S.

Above Left to Right : Just a few of the 2011 Hammerbuck\$ winners: Kayleen Uibel, Steve Gerbig, Joel Sothorn, Rhonda Claridge, and Matt Galluzzo.

What it is:

Hammerbuck\$ is a cash and credit contingency program that we began in 2008 as a way of rewarding athletes finishing in the top echelon in specific races who use Hammer Nutrition fuels and supplements and wear Hammer Nutrition logo clothing during the event and while on the podium.

Start winning today:

If you’re ready to be a Hammerbuck\$ winner, go to . . . www.hammernutrition.com/deals/hammer-bucks/ for complete details, including requirements, a listing of eligible events, prize payouts, and more.

“Thanks for not loading your products with simple sugars or artificial dyes.” - John B.

Hammerbuck\$ winners in 2012



Reilly Smith
IM Oceanside 70.3
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age group

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Traci Falbo
UMSTEAD 100 Run
Overall female
winner (17:02)

\$1,000 cash



You could be next!

Don't get left out in the sun!

Custom Hammer Nutrition tents for all of your events



Tent 1 : Racing Team

This tent has an alternating crank and badge logo top with "Racing Team" printed on all four sides of the valance. We'll have a half-dozen or so of these premade, so they'll be available to ship to you shortly after ordering.

\$675.00 + shipping*



Tent 2 : Semi-custom

This tent features the alternating crank and badge logo top, with a "your name here" area for custom printing on all four sides of the valance. Each semi-custom canopy will be made-to-order and requires approximately four weeks for production and shipping.

\$795.00 + shipping*

*Shipping charges will apply to all tent orders, determined by weight and destination.

FROM OUR ATHLETES



Everett Stout shares a great day of competition at the Denver Indoor Rowing Championships with his children (left to right) Taylor-Quinn, Ellie, and Owen—they all earned podium medals! Photo : courtesy of Everett Stout

Everett Stout

In December 2011, on my third attempt (first attempt using Hammer Nutrition), I finally completed the insane goal of rowing a million meters during the 31-day Concept 2 Indoor Rowing Holiday Challenge. Not only did it amount to an average of 2 1/2 hours (33,000 meters) of rowing for 31 days in a row, but it placed me on the Concept 2 World Wide Honor Board, in 6th place. This was out of 5,713 rowers who made the board—representing over 60 countries! I SERIOUSLY doubt that I could have done it without Hammer Nutrition!

I don't think that my gains in strength and endurance would have been possible without Hammer Nutrition products. I started taking Recoverite a few years ago, and I believe that is what helped me the most . . . perhaps the Endurolytes too. After having the worst experience ever on a rower due to cramping while I was in the process of rowing a marathon, I contacted Hammer Nutrition's client advisors, and had an extremely helpful conversation with Levi Hoch. I received my order, scheduled another attempt on my rower, and a week after that cramping experience I rowed my fastest marathon EVER, breaking the three-hour mark for the first time! That, most certainly, was due to the Endurolytes Powder and Perpetuem that Levi suggested. In addition, I take Hammer Whey and, of course, sometimes fuel with HEED. You guys rock!



Duane Ball and Randy Barnes

Thank you for helping us "Hammer On" for 12 hours during the Florida Bike Sebring 12-hour race in February. We use a lot of Hammer Nutrition products, and we were fueled mainly by Perpetuem and HEED. The free Endurolytes at the race were very helpful as well. We both had a great race and personal bests. Despite a few unexpected mishaps, Duane got 14th overall and 3rd in the 50-54 division with 228.7 miles. Randy got 4th overall and set a new course record in the 40-44 division with 255.9 miles.

Your products were a major key to our placing as high as we did. Can't say enough about Hammer Nutrition!

Sheila Carpenter-van Dijk

In April I swam three days at the YMCA National Championship swim meet at the International Swimming Hall of Fame pool in Ft. Lauderdale. I swam very well thanks to Hammer Nutrition products. I drank Perpetuem before breakfast and ate a Hammer Bar for breakfast with my Hammer Nutrition supplements (Race Caps Supreme, Mito Caps, Endurolytes, Endurance Amino, and Anti-Fatigue Caps). I drank HEED at the meet which ran from 8 a.m.-1 p.m. each day. I did a pre-loading for the four days before the meet, with Race Day Boost and considered each day a stage, doing a maintenance dose each day, except the last. Of course I drank Recoverite after every day!

All of this enabled me to swim very well, for seven races. I got on the podium with 3rd place four times!

Hooray for Hammer Nutrition. I am definitely a Hammer Girl!





Eric Keaton

Photo : Maria Keaton

I just wanted to send you an update on my Green Swamp Dances with Dirt half marathon on March 24. I finished 8th overall and 1st in AG 45-49. I had HEED on my fuel belt. I had not been running much to prepare for the trail run but I knew HEED would keep me fueled as the day got hotter.



Photo : Denise McKinney

Casey McKinney (above)

This was from Ironman California 70.3 on March 31 in Oceanside, CA. My official time was 4:50:08, which put me in 163rd overall and 23rd in my age group (male 40-44). It was a great race! I PR'd both the course and the distance.

I pre-loaded with Race Day Boost four days in advance. I pre-fueled with two servings of Raspberry Hammer Gel two hours before the race, and two servings of Espresso Hammer Gel 15 minutes before the swim. Accompanying me on the bike were two scoops of HEED, two scoops of Perpetuem, and three Hammer Gel packets. On the run, I had two gels and used on-course hydration.



Karen Vance

I greatly enjoy Endurance News magazine! I am a 63-year-old (age grouper) triathlete from Carrollton, GA, and have been doing triathlons with my husband since 1988. The photo is of me at Sandestin Tri 2011, where I finished 2nd (60-64) and my husband placed 3rd (60-64). I just did a duathlon in April in my new orange and black Hammer Nutrition tri suit (kid's tri kit). I am small and wear the kid's XXL!



James Richman

Spokane River 25K Trail Run was a great race on challenging trails. Hammer Gel kept me feeling strong to a 2nd place finish overall. Thank you! I'm pictured with the overall winner Sam Picicci (middle) and 3rd place overall and women's winner Haley Cooper-Scott (right).

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FROM OUR ATHLETES



Molly Hayes

Hi Hammer Nutrition,
The photo above is of my last day of RN nursing. I "Hammered" it up good and took care of patients too! I'm not retiring from triathlon though! I'll be in St. Petersburg, Florida at Saint Anthony's Tri and once again competing in the 80-84 age group.

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Connie Inks

2012 Iowa Roller Race Championships

This is what some of us Midwest folks do to stay fit, competitive, and have a chance to socialize during the off-season. The photographer was Greg Harper, the gentleman who puts the series on and is kind enough to drag the rollers and computer system around during the winter months for all of us to enjoy.



Ray Fortner

Solid finish for me in my first race of the year, the Cool MTB Race. Unfortunately, a mechanical cost me at least two places. HEED and Hammer Gel kept me feeling strong throughout the race. This was my first time using Race Day Boost, and I found that I did not experience any fading for the duration of the race. It's definitely going to be a part of my race day arsenal. At 57, I felt like I held my own with the young bucks!

Marni Sumbal

I just wanted to share the great news—I WON the Iron Girl Clearwater Half Marathon! I can't believe it! A BIG thanks to Hammer Nutrition for helping me along my triathlon journey. I never imagined winning overall female at a running event, but the mind and body were strong and well-fueled, (and recovered). Thank you again! I'm obsessed with Endurolytes Fizz post-workout and Huckleberry Hammer Gel in a flask during racing—it is my must-have in my training right now, along with HEED and Tissue Rejuvenator. I've been recommending Hammer Nutrition to so many new athletes, and they are giving great feedback. Thank you so much!





Photos : MTBRaceNews.com



Coming back from cancer

Jen Hanks

2011 started off just like any other year. I had just transitioned from the “off-season” to full-on training mode and even pre-registered for a few of those hard-to-get-into races. Two short weeks into the year, everything changed.

During an admittedly not-so-routine monthly breast exam, I found a lump. This started a small cascade of appointments including a visit to my family practice doctor, a mammogram, ultrasound, and finally a biopsy. While waiting for the biopsy results, my husband and I traveled down to southern Utah to divert our attention with some epic mountain biking. I was a strong, fit, and extremely healthy 35-year-old mountain bike racer. We thought that there was no way this lump was cancer. Breast cancer just doesn't happen to young, elite athletes, right? It seemed impossible. So we compartmentalized the fear that goes along with any biopsy and spent the weekend ripping trail.

The following week, I received the news; it was indeed breast cancer. Suddenly my future became very uncertain. I was scared that cancer would take away my ability to be an athlete. I was even scared for my life. And as trivial as it may sound, when confronted with a life-threatening disease, I was devastated that treatment would prevent me from racing my bike in 2011.

A new cascade of appointments and treatment began. Overall, in 2011, I had 69 cancer-related medical appointments including four surgeries and four months of chemotherapy. I certainly could not control the fact that I had developed breast cancer or that I was poisoning my body with chemotherapy drugs in the hopes of being cured, but I could control how I took care of my body. I quickly learned

that riding my bike not only helped me recover more quickly from treatment, but also made me feel strong and alive. I also decided to take my nutrition to a new level, fueling my body with only the most nutrient-dense foods and highest quality products. Hammer Nutrition has a wide array of products that fit my new nutritional guidelines. I'm especially excited about the Hammer Bar that fits my criteria of being organic, vegan, and not genetically modified. I have found it difficult to find energy food and supplements that meet those criteria.

The past nine months have been spent recovering from treatment and building fitness in the hopes that I can compete at an elite level in 2012. I was a strong, healthy woman before my diagnosis and I plan on being a strong, healthy woman now. I am not only fueled by my competitiveness and love of racing, but also by my desire to prove that a breast cancer diagnosis does not mean an end to athletic pursuits. The year is already off to a good start with a win in the 25-mile race at True Grit and a 3rd place finish in the Pro women's category at Intermountain Cup #1 in St. George, Utah.

My breast cancer story and journey back to competitive cycling can be read at www.athletefightscancer.blogspot.com.

Jen Hanks is a member of the 2012 MTBRaceNews.com Team. Her race resume includes 7th overall at the TransAlp Challenge (co-ed duo) in 2007, Utah State Champion (Pro) 2007, Park City Perfect 10-hour race (1st place solo women) 2008, Breck Epic (3rd overall solo women) 2009, and 2nd overall solo women at National Ultra Endurance race, the Lumberjack 100, in 2010.

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FROM OUR ATHLETES



Tyler Miller

Hello to everyone at Hammer Nutrition. I wanted to send an update and a photo of my last race. So far this season, I've had two races and I'm off to a good start. The first race "Echo Red to Red" was a tough one. With 40-mile-per-hour winds, it made for a challenging day. I did ok, placing 24th in the pro class. It wasn't my best race, but it was the first one of the year. I had my second race last Sunday and it was one for the ages. The Mudslinger is the oldest MTB race in Oregon and this was the wettest one ever! We literally had inches of rain the week leading up to the race. The course was messy but super fun. After 22 miles, 3,800' of climbing, two sections underwater, and two wrong turns, I finished 17th in the pro class and in the top 25 out of about 300 racers. The best part was that I felt strong with the help of HEED, Hammer Gel, Hammer Bars, and Recoverite. I can't wait for the next race . . . hopefully it will be slightly drier. Thanks again for everything. You guys rock!

The picture above is me after the race. I assure you that the Hammer Nutrition name is somewhere under the thick coat of mud.



Lois Marquart

I have attached a picture of my snowshoeing friend and I this winter. We tour Crystal Mountain quite a bit, and rely on Montana Huckleberry Hammer Gel.
Photo : Kristen Shnable



Ryan Woods

Congratulations to Ryan Woods who has had some amazing running results in 2012. At the Big Bad John Rock 8K he placed 1st in his age group, at the Uwharrie 20 Miler he placed 1st in his age group and placed 1st overall breaking the course record, and at the Moab Red Hot 33K he placed 3rd in his age group! Way to go, Ryan!



Kevin Lair

Longtime Hammer Nutrition client Kevin Lair sports the 25th anniversary kit after a 3rd place age group solo finish at the 2012 Bessies Creek 12-hour race.

"On the day of the race, the winds were blowing a steady 35 mph. It was a tough ride, but Race Caps Supreme, Anti-Fatigue Caps, Endurance Amino, Perpetuem, HEED, and Hammer Gel helped me make it through the event.

I have used Hammer Nutrition since way back when it was called E-Caps—I've been using the products a long time, and I still use them because they work!"

ATHLETES . . .

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athleteupdates@hammernutrition.com



Bryan Brosious

With swim season just coming to a close, I thought I would write a quick update on how the season went. With a winter full of both consistent training and consistent use of Hammer Nutrition products, I have been feeling more fit than ever before. I am always amazed at how great I feel while consuming Hammer Nutrition fuels. I am equally amazed at how great I feel the next morning after using Recoverite and Hammer Whey immediately after the previous day's exercise. The recovery products are potent, to say the least. Hammer Nutrition products were crucial at the Inland Northwest Swim Championships on March 31. Fueled exclusively by a liquid diet of your products, I swam six races, nearly all in personal best times, and was able to win my age division in all of them. A very big thank you to Hammer Nutrition for the support. I look forward to triathlon season.



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FROM OUR ATHLETES



Diann Uustal

I am happy to be one of Hammer Nutrition's sponsored athletes. I have broken 13 world records and 38 U.S. records as a USMS swimmer this past year! And in April 2012 I was selected as one of the top World Masters Swimmers of the Year! (Six women and six men across the globe are nominated.)

I don't usually tout my successes, but I thought they would call attention to the beneficial effects that Hammer Nutrition products provide as fueling for training and competition. Hammer Nutrition has

been a significant part of my recovery from a serious accident and in my training for the past three and a half years. I have encouraged the athletes who I train and compete with to faithfully use the products. I train many triathletes to increase their efficiency and speed in the swimming portion of their races and strongly suggest that they ascribe to a training regimen that includes Hammer Nutrition products!

Warmly,
Diann Uustal

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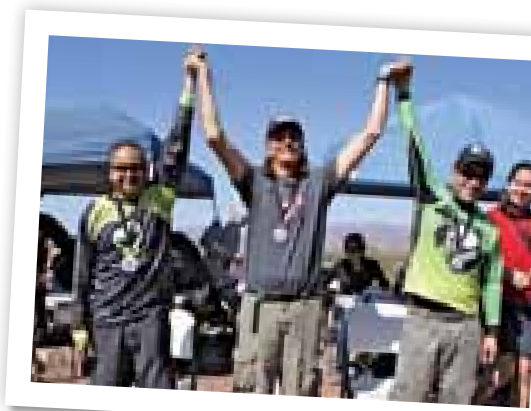
Dan Summers (left)

In the last 12 months, I lost a total of more than 80 lb. by utilizing Hammer Nutrition products and slowly increasing my workout duration. Last Saturday I finished my first 12-hour adventure race and placed 7th overall. At 59 years old, I feel like I have a brand-new lease on life. The Endurolytes, Anti-Fatigue Caps, and Endurance Amino combination kept me going for 12 solid hours. Race Day Boost got my glycogen topped off just prior to race day, and Perpetuem Solids and Hammer Gel kept my calories intact during the race. I am an absolute believer in your products.

Thank you Hammer Nutrition, and Hammer On!

Gary Nebeker

I am thoroughly enjoying my time in Mexico! I am thrilled to announce that Hammer Nutrition products helped me win the Advanced 45+ division at the Pista El Soldado mountain bike race in San Carlos, Sonora in February. I was on the podium replete with "Hammernut" hat, t-shirt, and socks! I've been a Hammer Nutrition customer since 2006 and have been a consistent podium finisher in Nebraska Masters-level mountain bike competitions. At 54 years of age, I'm often one of the oldest competitors at events. Great mentors, goal-specific training, and Hammer Nutrition products have all played an important part of my success in mountain bike racing. HEED, Hammer Gel, Endurolytes, Recoverite, and Premium Insurance Caps are regular staples of my sports nutrition plan.



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Jacob "J-Man" Martin, age 9, races to the finish in the Race to the River South Carolina XC Championship Series Finale. Photo: Stuart White

