

Spring training issue

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ENDURANCE NEWS

APRIL/MAY 2013
#84

The stretches every cyclist should be doing!

The right way to carbo-load

Why I'm a believer in EMS



Product spotlight #1 : Tissue Rejuvenator

Product spotlight #2 : Mito Caps

The informed athlete's advantage since 1992

The atypical [Hammer] athlete

[Brian Pidduck]

[Charlene Proctor & Blake Kish]



The following may surprise you! We are definitely atypical Hammer Nutrition athletes.

We are Pro/Am ballroom dancers who compete across North America. Last year, we did 27 competitions and won the National Dancesport leaderboard and Global Dancesport Series circuit, and took 1st and 3rd place in the Dancers Cup Tour. We also brought home a Triple Crown Championship title.

Competitive dancing at this level requires a huge amount of strength, flexibility, and skill, as well as physical and mental discipline. We train every day for 3-4 hours, 5 days a week and cross-train in the gym with weights when we are not on the road. At a comp, we are up by 5 a.m. and on the dance floor by 7:30 or 8 a.m. To dance competitively with this

kind of stamina, we use Hammer Gel, HEED, Perpetuem, and Endurolytes Fizz. Hammer Bars, Endurolytes, and Anti-Fatigue Caps ensure us the fuel and boost we need to keep going. Recoverite and Whey, along with the rest of a well-calculated, clean diet, give us an advantage that other competitors do not have, as we must recover quickly. We are fierce competitors and love to win! At our age (47 and 53) we can outlast the 30-year-old dance athletes and continue to show the Pro/Am ballroom dance community that age is only a state of mind.

Currently, we are in the 2013 season with our sights set on winning the World Pro-Am Dancesport Series again! Thanks to Hammer Nutrition products and loving what we do, we are both in 1st place on the leaderboard.



Brian trains on an "urban" wall to develop strength.

While I would like to convey a great start to 2013, January was a tough month for training! I had a bout with the flu that kept me from getting in much meaningful training on the trails or on the rock. It was a good learning experience though, of listening to my body and finding the right balance of some light workouts without overtaxing the system. I focused on good nutrition and hydration, and figured I would be back to running and rock climbing when my body was ready. Toward the tail end of my recovery, I started taking Mito Caps. I only wish I had started taking them sooner to improve my recovery even more.

The hardest part of the month, however, was sustaining a hand injury from rock climbing just before coming down with the flu. I was training dynos on my indoor wall, and after latching onto a hold one-handed, full-body swinging free, I felt a tear in my left ring finger. I was hopeful at first that it wasn't that bad and iced it extensively as soon as possible. The pain I felt next morning confirmed the tear. I immediately began to take Tissue Rejuvenator and continued an icing regime along with lots of water. Now, one month later, I am thoroughly delighted to be climbing again without any pain. This was the fastest I have ever healed from a tendon injury, and I feel that this was one of the more severe hand injuries I have ever experienced. I think I owe a lot of my recovery to Tissue Rejuvenator. Last week I was in Joshua Tree National Park taking 14 people rock climbing, as well as getting in some good climbing myself. I was careful of climbing anything too hard, but climbed up to 5.11d on the Snickers Formation near Echo Rocks. I look forward to piling on the training —my tendons seem ready!—and preparing for the spring and summer climbing season. Climbing is one of those sports that requires a lot of hard work each training block to attain goals, and I love putting in the hard work.

Thanks again, Hammer Nutrition, for the invaluable nutrition and superb resources on fueling and overall health. I am a better athlete for it, a better teacher and guide for it, and proud to represent Hammer Nutrition.