



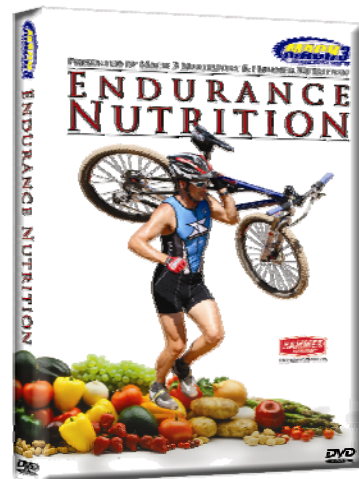
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www.mach3multisport.com

“ENDURANCE NUTRITION”
Mach3 Multisport in partnership with Hammer Nutrition

Mach3 Multisport, newcomer to the multisport industry, and Hammer Nutrition, leader in endurance nutrition, partner to deliver the ultimate nutrition DVD guide for endurance athletes. Providing an important resource for all athletes—beginners to podium finishers—“Endurance Nutrition” delivers trusted information in a convenient DVD format. “Endurance Nutrition” has an MSRP of \$29.95 and is available from www.mach3multisport.com and through the 2007 Hammer Nutrition Catalog/ www.hammernutrition.com.

Narrated by Steve Born, Hammer Nutrition Senior Technical Advisor and Ultra Marathon Cycling Hall of Fame member, “Endurance Nutrition” gives simple and easy to follow steps in the areas of General Nutrition, Post Work Out and Pre Race Fueling. Steve presents valuable information on how a proper diet and fueling plan can help you achieve success in all of your athletic endeavors.

“Endurance Nutrition” is another top quality film by the leader in multisport training DVDs, Endurance Films. This DVD is an informative nutrition guide that’s easily understandable as well as entertaining. Also included are DVD-ROM bonus materials, “The Endurance Athlete’s GUIDE to SUCCESS” and delicious, healthy recipes to get you moving in the right direction.



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About Mach3 Multisport

Founded in 2006 by three F16 pilots: Brian Grasky—USAT Level 1 Certified Coach, Top XTERRA Amateur, 2 time Ironman World Championship finisher, multiple race winner; Jeff Orr—USAT Level 1 Certified Coach, age group triathlete; and Wes Wilkinson—triathlon newcomer. In addition to their world-class multisport training website, Mach3 Multisport develops training products, DVDs and informational products for triathletes by triathletes. Commune with like-minded athletes in the Mach Zone online community. Visit Mach3 Multisport at www.mach3multisport.com.

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