

ENDURANCE

NEWS



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BEING FRANK

A WORD FROM BRIAN

Welcome to the 144th issue of *Endurance News*, our big summer issue! I hope you enjoy it half as much as I did seeing it all come together. I've been saying this since our first issues in 1993, but it's got to be our best yet. With all of the amazing contributions from you, timely articles and a fresh look thanks to Noah, our awesome new designer, I'm pretty sure you will agree.

Hammer athletes all over the world continue to shine and prove that you don't need pounds of sugar to win races! Congratulations to all of the athletes featured on the following pages, including those who competed at the Jackpot USATF 100 mile event - Stella Springer with her new world record, Tim Higham with a new Canadian record and Lizzie Jones for her 10 hour PR in the 100 mile distance!! There's so many, we couldn't fit them all in this issue, but we'll be highlighting them throughout the summer on our social channels and in the next issue!

If you have not contributed to *Endurance News* yet with your story, race results and pictures, this is your invitation!! It's an honor to have your support and encouragement and to highlight all of the cool things you do and accomplish while fueling with Hammer!

This issue also has another great article from Dr. French on the gut brain axis, a must read! Dr. French has also been in the woods making videos - now you'll be able to enjoy his wit and passion for metabolic health in 3D. Be sure to check them out as they come out on our socials! Your metabolic health is serious business and something that we spend a lot of time talking about, but it can also be fun! If you've been reading his articles and wondering what the guy writing them is really like, these videos will

answer that question and most likely get a chuckle or two in the process.

Another secret I'm sharing with those of you who actually take the time to read my welcome letter (Thank you!) is our upcoming American Independence 250th limited edition water bottle! It's gonna be cool, red white and blue and there will only be 250 produced! We'll send them out with orders on a first come, first served basis. Look for the announcement and special promo code in your inbox and on our social media channels.

Also in this issue are some house cleaning chores - **Hammer Bars** are back, including our beloved whey protein bar, now better than ever! **Creatine Boost** is also back in stock and ready to add to your subscription list! The 3rd generation **Amino Age** is also gathering a growing fan base with its awesome taste and powerful benefits.

It's getting hot out there, so be sure to read our articles on beating the heat the Hammer way! Hint — it does NOT include loading calories, water or sodium! You'll also find our *Ode to the Avocado* — the best fruit/vegetable you can add to your diet to replace those nasty processed seed oils you don't want to eat anymore.



In case you missed out on the April Fool's joke about going 100% AI, let me reassure you that we are not doing that! No AI customer service agents, live chat bots or anything else. We've been doing business with real humans for the past 39 years and will continue to do so going forward.

So, feel free to call **1.800.336.1977** or live chat with one of my friendly staff here at HQ in Montana. If you insist on using the web site, remember that you can just put a note on your order and we'll handle it with TLC and add some goodies too!!

Enjoy the read and your summer! Do amazing things and share the stories, results and images with us! You may see yourself in the next issue!

Pass this issue to a family member or friend along with your QR code referral link - thank you in advance for helping to spread the good news about Hammer!

Brian Frank

Brian Frank

Owner and Founder
of Hammer Nutrition

*Below: Brian Frank riding at 2026 NATC
Moto-Trials, Rnd. 1&2, West Virginia*

📷: STEPHANIE VETTERLY



Above: Hammer Athlete Gabby Suver out for a training swim with her go to fuels

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Below: Armand Azocar riding for Red Peloton Cycling

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MISSION
Endurance News provides informative and inspirational content to help endurance athletes like you achieve peak performance and health. The views expressed favor a healthy diet, hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. Back issues are available at hammernutrition.com.

OUR GUIDING PRINCIPLES
Service: From day one, we’ve strived to treat each client fairly, honestly, and individually. Your trust is our top priority.
Education: We educate and empower athletes with free, easily accessed information on health and performance.
Principles Before Profits: Profits never take priority over our values. If it says “Hammer Nutrition,” it’s good for you.

OUR CORE VALUES
Innovation: Our development of new, cutting-edge products and categories has led the field since 1987.
Product Integrity: Our consumables are researched, tested, and USA-made to the strictest standards.
Read our complete mission statement online at hammernutrition.com/company/mission-statement

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FROM OUR ATHLETES



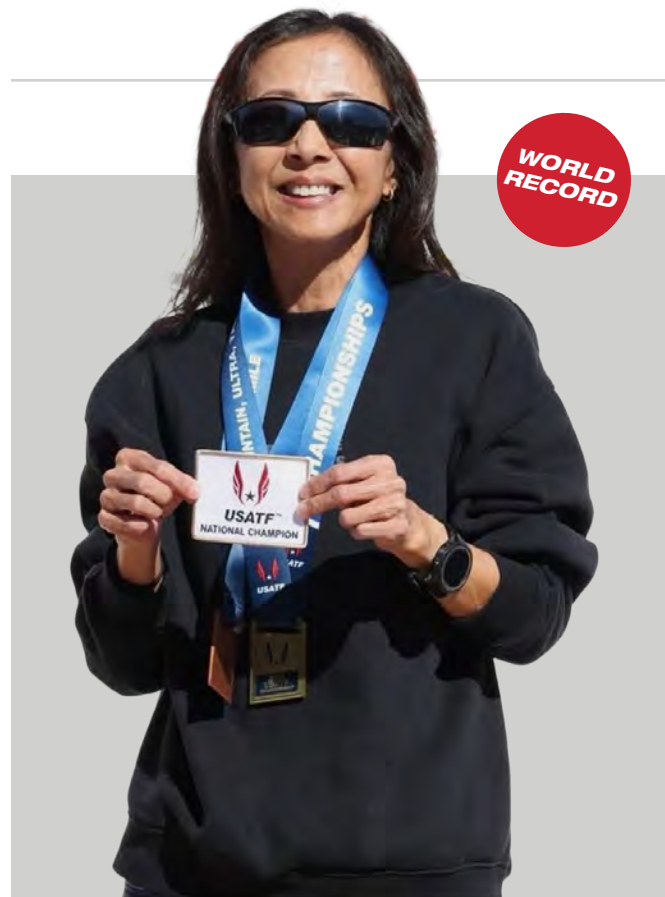
JACKPOT 100

HAMMER ATHLETES SET NEW RECORDS!



The Jackpot 100 Ultra is a premier ultramarathon event held annually at Cornerstone Park in Henderson, Nevada. The festival is known for hosting the USATF Road 100 Mile Championship, **attracting elite runners and world-record seekers due to its extremely flat and fast course.**

There is a **1.17-mile "short course"** for championships and a **2.3-mile "long course."** Racers lap this course up to 85 times to reach the 100mi distance.



At the Jackpot USATF 100 Mile last weekend, Stella Springer delivered a performance for the history books Fueled By Hammer!

- **1st in Age Group (W55)**
- **NEW World Age Group Record**
- **73 minutes faster than the previous record**
- **Total Time: 15:41:02**

After a season of PRs and multiple national age group records (100M, 200K, 24hr), Stella decided to add another in dominant fashion — landing both her 100M and 24hr marks in the Top 10.

She relied on **Hammer Gel** (all flavors), **Perpetuem**, and **Anti-Fatigue Caps** to keep moving forward. In her words:

"Later in the race when my stomach went south, Perpetuem was the only thing I could sip on."

Super proud and honored to have her as a part of the Hammer Athlete program and looking forward to see what the rest of 2026 brings for Stella!

STELLA SPRINGER

JACKPOT USATF 100mi

Henderson, NV

Feb 20, 2026

4th
OVERALL

1st
AGE GROUP(W55)



TIM HIGHAM

JACKPOT USATF 100mi

Henderson, NV

Feb 20, 2026

7th
OVERALL

1st
AGE GROUP(45-49)

Big weekend and big breakthrough for team Hammer Nutrition athlete Tim Higham. At the USATF Jackpot 100 Mile, Tim Higham delivered one of the strongest races of his career:

- **1st in Age Group (45-49)**
- **New Canadian National Age Group Record**
- **Total Time: 14:43:00**
- **PR by over an hour**

Fueled every hour with **Perpetuem 2.0** and **HEED**, Tim kept the engine steady from start to finish — proof that smart, consistent fueling wins long games.

"Had one of my best races this weekend... Hammer Nutrition was amazing!"

When preparation meets precision, records fall. **Massive congrats, Tim.**



LIZZIE JONES

SHORT COURSE 100mi

Henderson, NV

Feb 20, 2026

2nd
OVERALL

1st
FEMALE

"Time placement would have seated me at 6th in the USATF championship but I chose not to race USATF this year.

I did my best time in the 50 mile with 7:22 splits and a 9:27 100k. I PRed the 100 mile by nearly 10 hours and ran faster than my A-goal. I wouldn't have been able to do it without pushing myself to race with Zach and having my dad out there to encourage me.

Also my nutrition was **DIALED** with Hammer Gel every 30 minutes."

Read the next page to see how Lizzie is building a community of runners with the Moab Run Club

FROM OUR ATHLETES



MOAB RUN CLUB

On February 14, the Moab Run Club and Grand County High School Track Team teamed up to host a one mile time trial as a fundraiser for the Grand County Track and Field program. Over 50 participants from Moab and surrounding areas gathered to run and support each other in setting personal best times in the 1-mile run.

"It was so inspiring to see both children and adults dig so deep, just for the purpose of doing their best"

said one runner. Raffle prizes were awarded to all participants thanks to Revenant Running, the Love Muffin Cafe, Red Rock Plunge, and Hammer Nutrition. The event was a great success. All proceeds directly benefit the up-and-coming stars of Grand County Track and Field. Keep an eye out for the upcoming Trail Running Film Festival bringing its global tour to Moab on April 18, featuring Q&A's with elite athletes, community get togethers, and big giveaways.

Above: Hammer Athlete Lizzie Jones hugging it out at the Moab Run Club x Grand County Track Team fundraiser



JACKSON WOLF

🏆 Q50 TRAILS EXTRAVAGANZA

📍 Franklinton, LA

📅 Feb 7, 2026

1st
OVERALL

Earlier this month, Jackson lined up at the Q50 Races Trails Extravaganza in Bogue Chitto State Park and absolutely crushed it, 1st overall and a new course record for the 20-mile course.

His go-to fuel for race day?

- **HEED 2.0**
- **Hammer Gel (Peanut Butter & Apple Cinnamon)**
- **Fully Charged**

Jackson has been part of the Hammer sponsored family for the past two years, and we're stoked to have him back again this season with Hammer Nutrition.

- **1st overall**
- **Set a new course record**
- **Total Time: 2:33:26**

CHARLENE PROCTOR

🏆 THE SNOWBALL DANCESPORT COMPETITION

📍 Minneapolis, MN

📅 Jan 30, 2026

1st

10-DANCE

1st

BALLROOM

3rd

LATIN

Charlene Proctor (dancing with Sergey Bondarenko) had a strong showing at the SnowBall DanceSport Competition in Minneapolis on January 30th, taking first place across all dances in the 10-Dance Open Gold Championship and earning first in the Ballroom S1 Open Scholarship. Competing with the help of Hammer's **HEED**, **Endurolytes**, and **CBD Balm** in her corner, Charlene also picked up a third-place finish in the Latin Open Scholarship.

FROM OUR ATHLETES

HAMMER

JONATHAN HOLIDAY

 LONG HAUL 100mi

📍 Lakeland, FL
📅 Jan 17-18, 2026

8th
OVERALL

2nd
AGE GROUP

- 2nd in Age Group
- Improved time by 4hrs 6mins over last year
- Total Time: 19:05

Twelve months after grinding through 100 miles of Florida trail in 23 hours and 11 minutes to finish 36th overall, Holiday returned to Colt Creek State Park and rewrote his own story: 19 hours and 5 minutes, 8th overall, 2nd in his age group.

That's four hours and six minutes carved off a hundred-mile effort — a margin that speaks not just to fitness gains, but to a disciplined, dialed-in approach to racing and a great crew.

Holiday's nutrition execution stood out as a cornerstone of his performance. Running a steady 18 oz of fluids and 300 calories per hour across the entire event, he kept his energy systems consistently fueled through both the Florida heat and the long overnight miles.

Perpetuem Caffé Latte formed the backbone of his caloric intake — the long-chain complex carbohydrates and protein in **Perpetuem** are built precisely for efforts of this duration, where the body's fat-burning system needs sustained, balanced support.

For concentrated energy boosts on the move, Holiday leaned on **Hammer Gel** in Espresso, Chocolate Peanut Butter, and Apple Cinnamon. **Endurolytes Extreme** kept electrolyte balance in check, a critical detail in a race that spans nearly a full day-and-night cycle. **Anti-Fatigue Caps** helped blunt the inevitable late-race fatigue, while **Endurance BCAA** supported muscle preservation across the long haul. Fully Charged rounded out the protocol, priming Holiday's systems before the gun ever went off.

We're proud of you Jon! Keep Hammering!

Above: Hammer Athlete Jonathan Holiday running the Long Haul 100

📷: MICHAEL ALBERTS

NEIL SEMMEL

 WORLD AQUABIKE SERIES

24
WINS IN 2025

1st
WORLD RANKING

Neil Semmel wrapped up a remarkable 2025 season by claiming the #1 overall world ranking on Aquabike — a milestone made all the more meaningful by earning it across all ages. He added 24 wins, a bronze at the Long Course Aquabike World Championship, and a successful defense of his National Championship title (M60-64) to this year's resume.

- 24 total wins in 2025
- 2 national podiums
- Ranked #1 in the world
- 2025 Kinetic Multisport Aquabike Champion.

The ranking caps a 3.5-year run in which the Hammer-sponsored athlete has accumulated 54 overall wins, a testament to the consistency he's brought to the sport season after season.

"A dream come true to achieve this goal against so many great athletes. Thank you to my family, friends, colleagues, and sponsors for the continued support!"

MICHAEL KOPPY

 ARROWHEAD 135

📍 International Falls, MN
📅 Jan 26, 2026

-20°
TEMPERATURES

135
MILES

Michael Koppy came back to the Arrowhead 135 with unfinished business. After falling just 6 miles short in 2025, the 75-year-old Hammer athlete returned to the Minnesota wilderness on January 26th and did what no one his age had ever done: finished all 135 miles on foot.

The conditions were unrelenting: negative 20-degree temperatures, 7,500 feet of vertical gain, and 59 and a half hours on course managing frozen bottles, frostbite, and sleep deprivation. **Perpetuem**, **Fully Charged**, **Endurolytes Extreme Powder**, and **Hammer Bars** kept him fueled, burning 8,000 hard-earned calories each day.

No runner over 70 had ever finished the Arrowhead 135, and at 75 he became the oldest finisher across all categories



FROM OUR ATHLETES

INTERNATIONAL



CHRISTINA HERBST

WINTER TRIATHLON WORLD CHAMPIONSHIPS

4K RUN + 8K BIKE + 8K SKATING

📍 Padola, Italy
📅 Feb 26, 2026

1st
OVERALL

WINTER DUATHLON WORLD CHAMPIONSHIPS

6K RUN + 12K SKATING

📍 Padola, Italy
📅 Jan 26, 2026

1st
AGE GROUP

4th
OVERALL

Christina Herbst of Austria delivered a standout performance at the Winter Triathlon & Duathlon World Championships in the Italian Dolomites, winning her age group and finishing 4th overall in the Winter Duathlon before claiming the World Championship title in the Winter Triathlon — crossing the line in 1:23:18, a full 1:32 ahead of second place.

Fueled by **HEED** before the race, **Hammer Gel** on course, and **Recoverite** (Vanilla) in recovery, Christina's podium double in the mountains was as complete a day of racing as it gets.

- **Triathlon Time: 1:23:18**
- **Duathlon Time: 1:09:50**

Below: Austrian Hammer Athlete Christina Herbst races to a world record performance



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TOMI MAZA

AMERICAS TRIATHLON CUP AND SOUTH AMERICAS CHAMPIONSHIPS

📍 Formosa, Argentina
📅 Feb 28, 2026

1st
IN YOUTH SPRINT

Tomi Maza claimed the South American Championship title in the Youth Super Sprint category at the Americas Triathlon Cup and South Americas Championships in Formosa, Argentina, finishing in an impressive 28:51.

- **Triathlon time: 28:51**
- **1st in youth sprint category**

Racing with a dialed-in Hammer fueling protocol: **Heed** with **Endurolytes Extreme Powder** in the lead-up, **Heed** on course, and **Recoverite** with **Fizz** to close out recovery. Tomi's performance was a strong debut on the continental stage.

Above: Chilean Hammer Athlete Tomi Maza earns 1st place in his age group at the South Americas Championships



FROM OUR ATHLETES

INTERNATIONAL

Above: Australian Hammer Athlete Piotr Babis takes on the Southwest Traverse in Tasmania, Australia

📷 RYAN SLATE PHOTOGRAPHY



PIOTR BABIS

📍 SOUTHWEST TRAVERSE

📍 Tasmania, Australia

📅 Jan 21-24, 2026

240
KILOMETERS

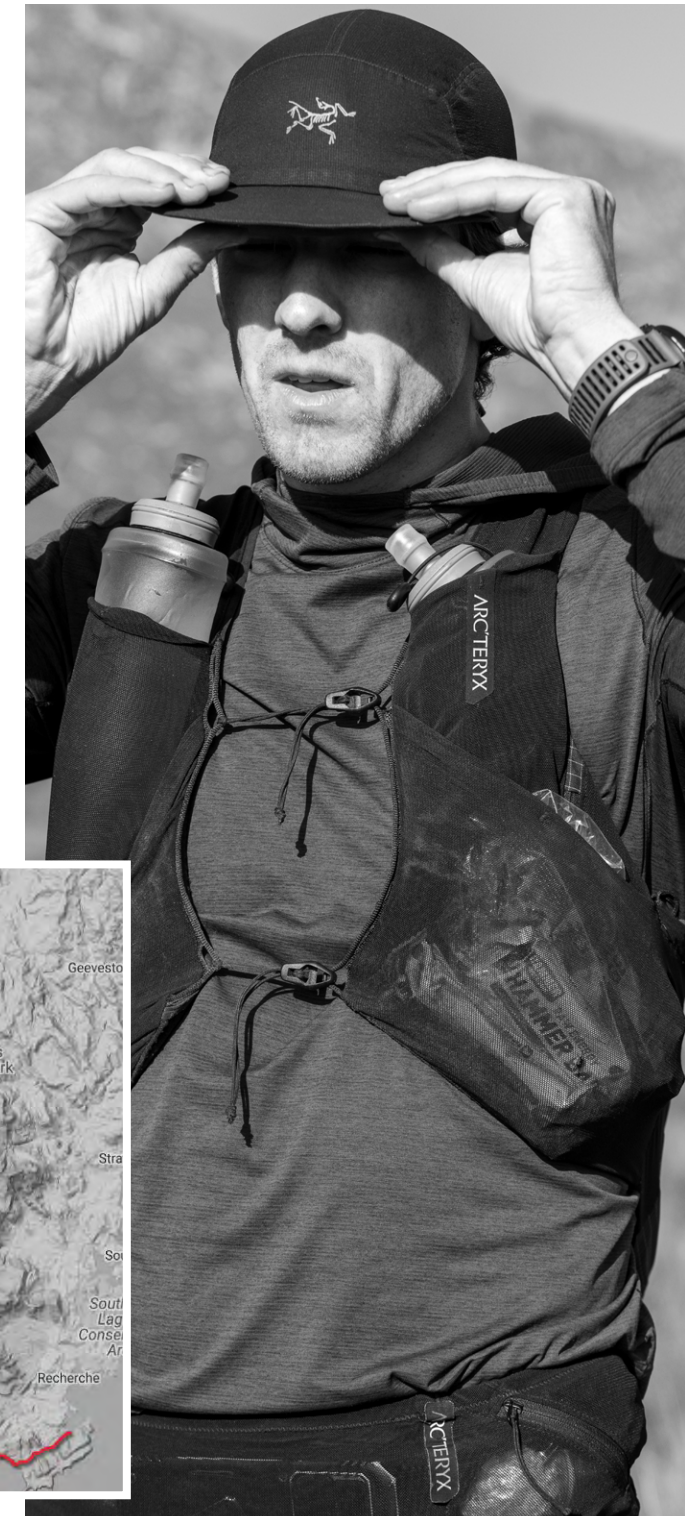
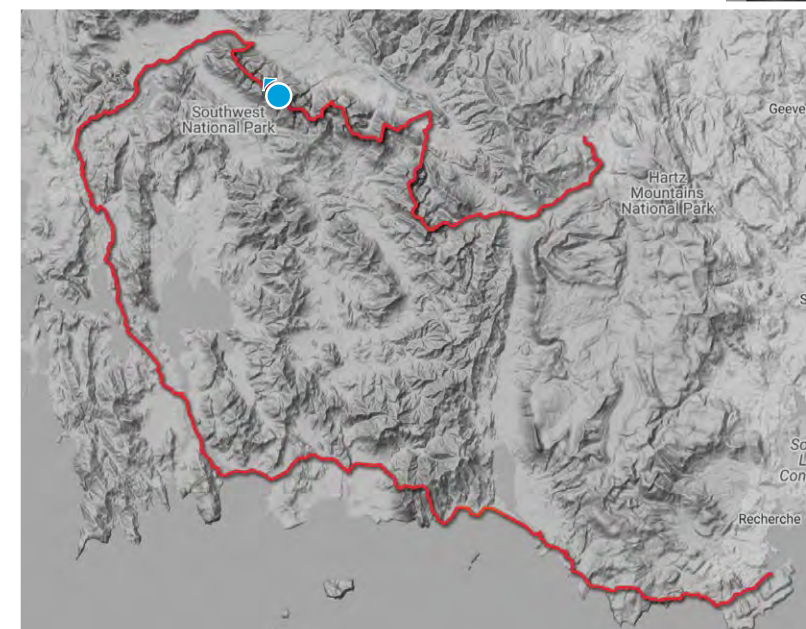
12,135
METERS IN ELEVATION

85
HOURS

The **Southwest Traverse** is Tasmania's longest continuous track, linking the Eastern Arthurs, Western Arthurs, Port Davey, and the South Coast Track. Covering over 240 km through remote wilderness, the route features exposed scrambling, deep mud, and some of Australia's most inaccessible terrain.

Completed on January 24, 2026, alongside a close group of friends, the effort pushed through challenging conditions, including a knee injury on the final day and temperatures reaching 30°C. Despite the obstacles, the experience delivered unforgettable moments across one of the most spectacular landscapes in Australia.

They carried **Hammer Bars** and **Hammer Gel** to keep their nutrition dialed from start to finish.



ASAP POST-EXERCISE REFUELING

By Steve Born

A MAJOR KEY FOR ENHANCING ATHLETIC PERFORMANCE

Now that we're heading into, or at, peak training volume and intensity, with our key race(s) coming up soon, it's absolutely crucial to make sure we replenish our bodies with high-quality carbohydrates and protein ASAP after all our workouts, even the seemingly easy ones. As I have frequently said, this immediate "refilling the tank" with fuel right away after all your workouts is arguably the easiest way to enhance endurance and improve overall fitness. **You train. You replenish your body with carbs and protein right away when you're done. Simple!**

What we do in training is undeniably important, but if we neglect to take the proper steps to recover consistently, we will never get the full value out of the time and energy spent in training. Remember, the gains we make in our training sessions occur during recovery but only in the presence of adequate rest and optimal nutritional support. If we don't attend to that, we not only miss out on the benefits of our workouts, we can also create more problems, such as getting sick or injured. We want to avoid that all year long, of course, but with peak season nearly here, getting hurt or sick is the LAST thing we want to happen!

If your body could literally talk, this is what it'd be telling you after each and every training session: I'm on empty, and I need the tank to be refilled right away. Feed me with high-quality carbohydrates and protein ASAP—within the first 30 minutes, the sooner, the better—and here's what I'll do for you:

- 1. I'll restock the muscle cells with fuel**, so you won't be "on empty" for tomorrow's workout. In fact, I will do you one better. You keep training AND "refilling the tank" consistently, and I'll gradually store more and more minutes of fuel (glycogen) in the muscles. This means you'll have more fuel on board and ready to serve you when you begin your next workout or race. By the way, this gradual increase in muscle glycogen stores via ASAP post-workout fuel replenishment is really what carbo loading is all about!
- 2. I'll rebuild your lean muscle tissue even stronger** so you can continue to make increases in your training volume and intensity without your muscles taking such a beating.
- 3. Speaking of muscles taking a beating**, if you will just feed me carbs and protein after you're done trashing my muscular system, **I'll decrease the amount of soreness you experience** between now and the next workout. No more of this "I can't get out of bed because I'm so sore" nonsense, OK? Oh yes, supplements that will also help, and in a BIG way, include **Creatine Boost**, **AO Booster**, and **Super Antioxidant**.
- 4. I'll help support your immune system** so that you can maintain your exercise/training regimen, not sitting inside under a blanket feeling rotten from being worn down and sick. Refueling me ASAP after your workout will tip the scales in favor of stronger immunity. Taking the above-listed supplements will also benefit your immune system tremendously.

If this all sounds like a good idea (and why on earth wouldn't it?!?), you'll want to give your body what it needs to accomplish the four earlier-listed benefits. And what your body needs is **Recoverite** or **Vegan Recoverite**. These outstanding recovery drinks give your body the necessary complex carbohydrates and protein it's craving, as well as other important nutrients that will help it recover quicker and more completely.

Recoverite contains complex carbs (tapioca maltodextrin) and whey protein isolate (the most bioavailable protein) in an ideal 3:1 ratio, 3 grams of glutamine, a full-spectrum electrolyte profile, and key nutrients such as L-carnosine, and chromium for recovery and immune system support.

3:1 THE IDEAL RECOVERY RATIO
Complex Carbs to Protein

Vegan Recoverite contains the same ingredients in the same amounts as the original **Recoverite** formula, with the exception that organic pea protein is the protein source. Organic pea protein is an easily digested, gluten-free protein with an excellent amino acid profile, including the branched-chain amino acids, leucine, isoleucine, and valine, which are three recovery enhancing amino acids.

SUMMARY

We're getting close to or at peak training and racing season. At this time of the year, that means a lot of high-volume, high-in-

tensity workout sessions, as well as your "A" races. Refueling your body right away after all your workouts and races is important all year long, but right now, it is an absolute necessity. Blowing off ASAP post-exercise refueling at this time of year, or only doing it sporadically, will most definitely spell disaster because your body won't have the "raw materials" it desperately needs. And that means that instead of getting stronger and having more endurance, you'll end up staying sorer longer, you won't have much available energy for the next day, and you may very well find yourself getting sick and missing out on important training sessions and races.

Don't let that happen!

Starting immediately, adopt the philosophy that your workout is not done until you put some fuel back into your body. That means...

- **Before you get out of your sweaty workout clothes**
- **Before you get in the shower**
- **Before you do your stretching**
- **Before you get on with the rest of your day, take just a few moments to put the high-quality fuel, Recoverite and Vegan Recoverite, into your body.**

Then your workout will be done, and you will have kick-started the recovery process in an ideal fashion.

RECOVER RIGHT WITH RECOVERITE®



COMPLEX CARBOHYDRATES

Maltodextrin allows more calories to be easily digested and works faster to restock depleted glycogen stores, so that you're not "on empty" for the next day's workout.



100% GRASS-FED WHEY PROTEIN ISOLATE

This is the highest quality and most beneficial protein. It's the richest source of all nine essential amino acids, including the all-important branched-chain amino acids (BCAA). It rebuilds lean muscle tissue, reduces soreness, and supports the immune system.



GLUTAMINE

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FULL-SPECTRUM ELECTROLYTE PROFILE

The complete profile of sodium, chloride, calcium, magnesium, and potassium helps replenish exercise-depleted mineral stores.



CHROMIUM

This trace mineral helps regulate blood sugar and plays a vital role in the synthesis of glucose, fatty acids, and amino acids. During recovery, chromium facilitates carbohydrate storage (glycogen synthesis).



L-CARNOSINE

One of the most versatile and beneficial nutrients there is, carnosine buffers excess acidity during exercise and offers superb antioxidant support post-exercise.



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- Restores muscle glycogen
- Rebuilds muscle strength
- Reduces soreness & fatigue

Promo Code: **EN144**

\$6.95 VALUE

Receive a FREE 5 serv. Hammer Gel Flask.
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TISSUE REJUVENATOR

By Steve Born

Introduced in 1997, **Tissue Rejuvenator** quickly rose to the #1 spot in terms of sales of all Hammer Nutrition supplements. On average, customers buy 40,000 bottles of **Tissue Rejuvenator** annually. Now, we're not saying this to brag (okay, maybe a little), but the real takeaway from selling that many bottles year after year after year is that the product works. You simply don't sell 40,000 bottles of a product annually if it doesn't work. **But for 29 years and counting, and with a 98.2% satisfaction rate (4- and 5-star reviews), our customers have shown that Tissue Rejuvenator does work and works really well!**

START TISSUE REJUVENATOR NOW AND STAY ON IT ALL YEAR LONG!

We're nearly into summer — training volume and intensity has been ramping up in preparation for your key events and the long season ahead. Even though you may not be engaged in consistent double-digit hours of weekly training yet, now is the ideal time (if you haven't been doing this already) to get your body's joints, ligaments, tendons, and connective tissue nutritionally prepped for the upcoming workload.

For many athletes, it's easy to get caught up in the excitement and try to do more training than our bodies are ready for (I call it the "too much too soon" syndrome). It may vary among sports, but it is believed that up to 75% of injuries occur from increasing the mileage and intensity too quickly. And when that happens, you've already fallen behind in terms of progressing in your training. That's a real drag, so don't let it happen! Train wisely for this time of the season and incorporate **Tissue Rejuvenator** into your daily supplement program, even on your days off (and make sure you take an easy/rest day or two!)

Although training volume and intensity are not yet at peak season levels, it's the perfect time to take daily doses of

THE IDEAL WAY TO SHOW YOUR JOINTS SOME SERIOUS LOVE

either **Tissue Rejuvenator**, **Vegan Tissue Rejuvenator**, or a little of both. While both Tissue Rejuvenator formulas are known primarily for their ability to reduce aches, soreness, and swelling—and they do that job impressively well—their uniquely potent blend of joint-nourishing nutrients will help maintain the strength of your body's cartilage, ligaments, tendons, and connective tissue.

Daily doses of either **Tissue Rejuvenator** OR **Vegan Tissue Rejuvenator** (two capsules of your preferred formula twice daily) or a **Tissue Rejuvenator/Vegan Tissue Rejuvenator** combination (1 capsule of each product twice daily) will provide the raw materials needed for strengthening the joints and ensuring the protection you're looking for. And when the time comes to start increasing training volume and intensity, your body will be ready.

Remember that the benefits of **Tissue Rejuvenator** are cumulative, meaning that you won't build up a tolerance to the product. Also, consistent use is vital to achieve the best results. We know that your goal is to start this season injury-free and keep it that way, which is why you need a product that will effectively:

- Strengthen your joints, ligaments, and connective tissue
- Help protect against joint-related injuries
- Provide a safe and side-effect-free way to alleviate aches, soreness, and swelling

For 29 years and counting, the ideal way—the time-proven way—to take care of all three is Tissue Rejuvenator! Start now and stay on daily for life! Your joints will love you for it!



TISSUE REJUVENATOR WORKS!

JENNIFFER H.

I have used Tissue Rejuvenator off and on over the past 20 years! It works!

I am at the age (51) where my recovery is not where it used to be. Tissue Rejuvenator has helped me with recovery. Getting older brings on a new set of challenges and one of those challenges is the ability to recover muscularly from hard efforts. This is where Tissue Rejuvenator is a lifesaver!



I HAVE BEEN USING IT FOR 6 YEARS.

JARMANDO

I have been using Tissue Rejuvenator for 6 years. As a personal trainer and athlete, I recommend it. For me, recovery is important and fundamental; for this reason, I use this product.

At 44 years of age, recovery is much slower and with Tissue Rejuvenator, I recover much faster.

TISSUE REJUVENATOR

JOINT HEALTH SUPPORT



TR AND VTR THE REAL DEAL

ROB R

Had a serious crash in May. Was off my bike and out of the gym for 5 weeks. Labrum tear, bicep tendon tear, shoulder separation and a fractured sternum...

I have religiously used TR and VTR since the injury happened. Thank you to Steve for the advice on how to use these products to start the healing process and recover as quickly as I could.

They work and I finally have been able to get back on the bike!

EVERY DAY

ANDREW G.

This is a great every day supplement! Used it initially to counter some inflammation and take a 'maintenance dose' daily and feel strong & supported.



SHOP TISSUE REJUVENATOR!

- Targets soreness and irritation
- Optimizes mobility and flexibility

Use **PROMO CODE: EN144** at checkout for a **FREE Hammer Gel Flask!***



5000^{MG} CBD BALM

By Steve Born

10X MORE POTENT. SAME GREAT PRICE.

Introducing our **NEW** 5,000mg CBD Balm. That's 10x more potent than our current 500mg CBD Balm with the same great price!

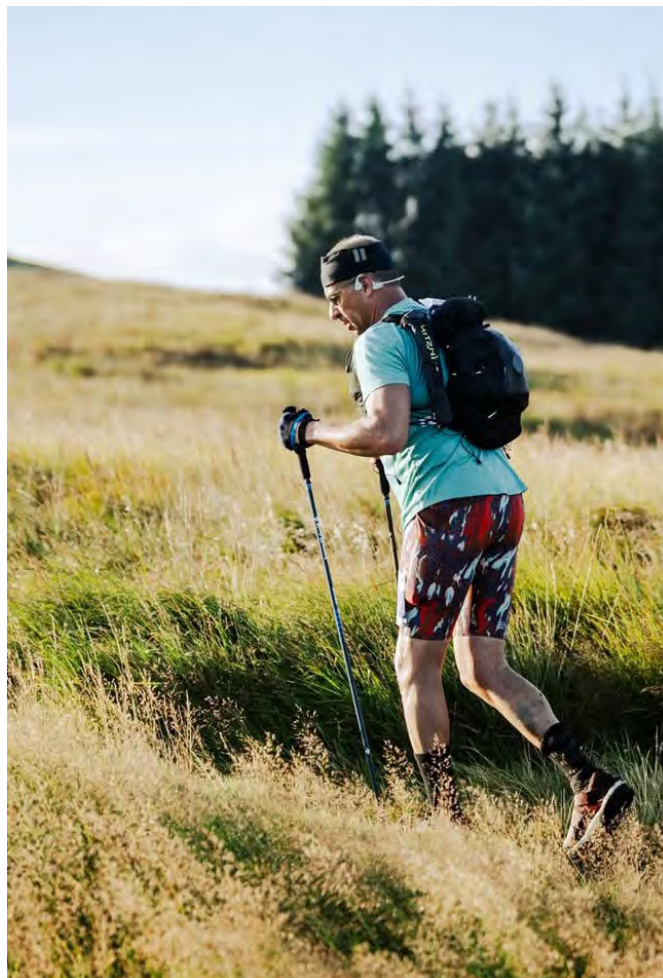
- 10x the CBD, same low price
- Supports skin, muscles, joints & more
- Sourced & manufactured in the USA
- 0.0% THC

Hammer CBD Balm is fantastic for helping alleviate aches and soreness, and for providing effective support for numerous skin afflictions, such as itchiness, skin flare-ups, and rashes, including heat rashes.

A superb carrier agent—medium-chain triglycerides (MCT)—helps maximize skin penetration, which means that a little goes a long way to provide effective relief. Lavender and Eucalyptus essential oils also act as carriers for the phytocannabinoid-rich hemp oil, while imparting a subtly pleasant fragrance.

Simply apply a thin layer of **Hammer CBD Balm** onto the problem area and massage gently until completely absorbed. For best results, repeat the application one or two more times throughout the day.

Hammer CBD Balm not only has a plethora of uses, it also has a full 18-month shelf life. Keep a stick nearby, storing it at temperatures between 60° and 80°, and **put the soothingly effective Hammer CBD Balm formula to work for you often!**



Above: Troy Eid running 215 miles in the cross-country ultra Race Across Scotland



ABSOLUTELY WORKS

GLENN Y.

I spend 14-15 hours a week training for triathlons, ultras and running events. I get sore.

My wife spends the same amount of time taking care of her horses, throwing around hay and many barn chores. She gets sore too.

This is the highest quality non-THC balm on the market. We run a bit in the evening and it absolutely works to relieve the aches of being active!



FULL-SPECTRUM CBD IS GOING AWAY STOCK UP NOW

A federal law passed effectively banning CBD products with trace amounts of THC. This means our Full-Spectrum line will be discontinued at the end of 2026. **Stock up now before it's gone!**

Hammer Broad-Spectrum CBD contains no THC and is here to stay.



SHOP HAMMER CBD!

- Improves sleep quality
- Reduces aches and soreness
- Helps lessen recovery time

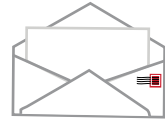
PROMO CODE: **EN144**

\$6.95 VALUE

Receive a **FREE** 5 serv. Hammer Gel Flask. Must make a purchase to qualify. Exp. 8.31.26



LETTERS FROM OUR CLIENTS



Hammer has really helped me because I like having a local business to support and limited sugar in my supplements. I have experienced the sugar gut bust, and it sucks. But with Hammer products, no gut bust, no crash, and no bad flavors. I actually didn't know what to do during a race I was in because I was expecting the discomfort, and I was bracing for it, but it never came. So I'm hooked now. Also, the BCAA and Anti-Fatigue pills are awesome. No more heavy legs for me.

Andrew Wood



John Grogan

DEAR HAMMER,

Skin Saver is simply AWESOME. A year ago, I hiked the length of the Appalachian Trail. Hiking 2,200 miles with a heavy pack on your back and excessive moisture from persistent rain and oppressive humidity can absolutely present problems with chafing, burning, bleeding, etc. It was particularly problematic for me on my shoulders and hips, where the weight and straps of my pack sat. After trying other products that did not provide much relief, I found this in a bike shop somewhere in TN or VA (after a while, the states tended to run together).

I could not get over how effective it was at eliminating pretty bad chafing and moisturizing the skin. I became hooked on it, and used it consistently over the remaining ~1,500 or so miles of the hike. I never again had a problem, and my skin was baby soft, despite the conditions.

Thank you Hammer Nutrition for bringing this product to market. You saved my hike!

Clark Trowell



Clark Trowell

DEAR HAMMER,

I have been with Hammer Nutrition since 1988. While searching for a natural Multi-Vitamin, I discovered **Premium Insurance Caps**. Since then, I have used many of their products for my running, skiing, hiking and climbing life as I have kept moving for 76 years. Their products have kept my mind and body moving through 50 + years as a teacher, and a Forest Ranger. Hammer products have kept me moving through a hip replacement and reconstruction, new shoulder, lumbar reconstruction and 6 screws in my spine.

PSA Caps and **Tissue Rejuvenator** have been with me since the beginning. And even the Doctors in a hospital 40+ day experience because of a different hospital screw up, they said they were ok.

And the 3 years during that recovery is an example of what makes Hammer Nutrition so special.

Numerous times I'd miss deadlines to make corrections to my VIP orders or ask them to write on the shipping container a note to put the package in a crate so the ravens wouldn't get into the box, they always did that. Numerous times Nathan, Jodi and others remembered me and always asked how I was doing.

And it all starts and continues because of leadership. Brian Frank started it all and he continues it through the people he hires. From the top of the company, through Nathan, Jodi and all the other employees, all are very caring from the heart. Enjoy... Take care...

Clark Trowell



William Gehr

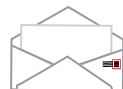
DEAR HAMMER,

I thought you might get a kick out of this. I'm 72 years old and have been cycling for only about 15 years now and it's been my passion. All of your products from nutrition to **Tissue Rejuvenator** have been a large part of my life. 3 months ago I fell off the roof of an RV onto the sidewalk. 13 ft broke my pelvis into three pieces, fractured my left elbow and three vertebrae I healed in 2 months and the surgeon was absolutely shocked it was that fast I think I would owe it all to the **Tissue Rejuvenator**. When I had the vertebra worked on by a specialized doctor he repaired the nerve openings that were pinching off the nerves making it difficult to walk. Now I am pain free. It was healed in one week and he was also shocked that it was so quick. I believe I owe it to the **Tissue Rejuvenator** and other supplements that I take. I want to thank you for the great products and I will continue to use them. I just put an order in for some more **Tissue Rejuvenator**.

Thank you,
William Gehr

LETTERS

FROM OUR
CLIENTS



Mark Middaugh

DEAR HAMMER,

I raced in Dallas during the early to mid-70's as an intermediate and junior racer. My best race? I finished 3rd behind National Champion David Mayer-Oakes, who went on to race in Europe. Our average for the race? 25 mph, that's fast for a 16-year-old.

I've been using Hammer products for a number of years now. Most especially, I enjoy the clothing. First class, and I use them daily. This includes jerseys, shorts, undershirts, arm and leg warmers, and socks. Wintertime I wear a long-sleeve jersey and a winter jacket.

Fuels? I use the **Hammer Gel** in Apple Cinnamon flavor. Effective and the taste is outstanding. In general, I refuel each hour. Be it the **Hammer Gel** or **Endurolytes**, I've found the benefits outstanding: again, I use these each hour of riding. Another thing I do is one bottle of liquid each hour with Hammer **HEED 2.0**, coupled with Hammer **Endurolytes Fizz** in my water bottles. I find these products essential, most especially in the desert climate of New Mexico.

I just turned 68 years old and find my conditioning outstanding. Height and weight proportionate: I ride 25-60 miles per day.

Pic below is from 1973! Pushing a 52x13 gear...that's tough.

Mark Middaugh



Dennis Howell

DEAR HAMMER,

First of all, in regard to athletic background, I can assure you I am not an athlete to speak of. I played high school basketball as a 6ft 1in center who fouled out of almost every game. After college and law school, I took up running, golf, and then cycling. In 2009, cycling became most important to me, and since I retired in 2018, it has become almost an obsession.

I first got started on Hammer in 2009 when a friend of mine gave me some Recoverite to drink after an event, and then he recommended **Endurolytes** and **HEED** to stop cramping when I went to riding longer distances. Around 2012, I began using **Hammer Gel** packages, which are great and I buy a hefty number of them. When I turned 70 and was put in another age classification, I found that there were not many seventy-year-old riders who rode distances of 100 miles and I decided that finally, here was something I could do successfully. As a result I ordered **Liquid Endurance** and from my experience, it is a wonderful product which really helped my performance. Unfortunately, I was injured in a cycling accident in spring of 2023 and am still recovering, but just a month ago I ordered a new container of **Liquid Endurance** so that is a good sign. When I was not injured, I usually rode between 6,000 to 7,000 miles a year and climbed between 400,000 and 500,000 feet. Last year I got 4,000 miles in with 125,000 feet and am trying this year to get back to where I used to be.

I will try to find some photographs to send you. Please do not mention I am looking at buying a new bicycle. My 2016 Trek Domane will get its feelings hurt, and I would not want that to happen. The Hammer Skeleton sticker has been riding on the top tube of my bike for many years and reminds me to ride hard and try and stay thin.

Thank you for your products. I have relied upon them since 2009. They are just great! You mentioned a reward for this letter but I would rather not do that. You folks work hard and you need to be paid in full. I am glad to do you a favor.

Dennis Howell

REFERRAL PROGRAM

YOU WIN.
THEY WIN.
WE WIN.

START GETTING CREDIT TODAY.

THEY GET

15%

off their first order
with your unique code

YOU GET

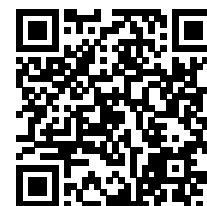
25%

of their order subtotal
as store credit!

HOW IT WORKS

If you're never ordered before, place your first order today to join the program! After your first purchase, you'll get a unique referral link and shareable QR code via email.

If you're an existing Hammer client, get your link now! **Enter your email by scanning the QR below.** We will send you your referral link and QR code to share with your family and friends:



SCAN TO GET
STARTED!



#HOWIHAMMER

Where social is social,
not sales.

HAMMER NUTRITION



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Invite @hammernutrition to collaborate to have your post featured on the Hammer Nutrition Instagram page!



DAILY MULTIVITAMIN/MINERAL USE AND SLOWS BIOLOGIC AGING

MULTIVITAMINS VICTORIOUS AGAIN!

By Steve Born

Chalk up another victory for users of a multivitamin/mineral supplement, such as Hammer Nutrition's outstanding **Premium Insurance Caps!** Recent research shows that compared to the group of participants who received a placebo only, men and women who received the multivitamin showed slowing of biologic aging in five epigenetic clocks that assess DNA methylation. **[1]**

According to Dr. Li Sidong, "While chronologic aging refers to the number of years lived, biologic aging is based on measurements of decline that occur in an individual with time. Biological aging reflects a gradual and progressive functional decline in system integrity occurring with advancing chronological age."

Biological Age	How quickly the body ages on a cellular level
Chronological Age	How old a person is in years

In this recent study, the researchers assessed biologic aging from over 2,800 blood samples from men and women who were participants in the two-year Cocoa Supplement and Multivitamin Outcomes Study (COSMOS). At the beginning of the study, blood samples were collected, then again at years one and two, and analyzed for methylation. As to what methylation is, Dr. Thomas Wronowski provides an excellent definition:

"The process of methylation captures non-usable raw materials in the body and turns them into usable materials. When methylation is functioning properly, a methyl group (consisting of four atoms — one carbon and three hydrogens), will transfer from one molecule to another. It's like turning on a light switch in the body. When methylation is turned on, this process can optimize heart health, sleep, libido, hormones, gut health, mental health, and so much more. When methylation is turned off, many processes of the body will struggle to function at the highest level.**"**

Compared with the group of participants who received a placebo only, men and women who received the multivitamin/mineral supplement showed slowing of biologic aging in five epigenetic clocks, which are measures of the amount of methylation that is related to aging. This slowing down effect equated to about four months less biological aging over the course of two years... and all from simply taking a multivitamin/mineral supplement!

Lead Author, Howard Sesso, ScD (Doctor of Science), MPH (Master of Public Health), states:

"A lot of people take a multivitamin without necessarily knowing any benefits from taking it, so the more we can learn about its potential health benefits, the better. Within COSMOS, we are fortunate and excited to build upon a rich resource of biomarker data to test how two interventions may improve biological aging and reduce age-related clinical outcomes. There is a lot of interest today in identifying ways to not just live longer, but to live better. It was exciting to see benefits of a multivitamin linked with markers of biological aging.**"**



Above: Erik and Bridgette Koenig racing Nine Trails Endurance Run, Santa Barbara, CA

This latest research is more exciting evidence that multivitamin/mineral supplementation, ideally with the potent Premium Insurance Caps formula, plays a major role in enhancing overall health. Three other extraordinary benefits:

- 60+% reduction in the number of sick days
- 60% slower cognitive aging
- Better overall cognition (thinking ability, memory, attention, language, recall, and problem-solving), lower systolic blood pressure among people with high blood pressure or chronic diseases, decreased number of infections in adult trial participants who were younger than 65 years of age and in older adult participants who were undernourished. Lower risks of cataracts, coronary heart disease, colorectal cancer in adults... and much more!

For more information, please see the article **Premium Insurance Caps—Because Supplementation is a Necessity** by scanning the QR code below.



Scan the QR code to read
*Premium Insurance Caps
Because Supplementation
is a Necessity*

We will never be able to get the full amount of nutrients that we need via the diet. That's a given and is explained in more detail in the above-listed article. Supplementation is a necessity, and to help bridge the gap between the nutrients we're obtaining from our diet and what we truly need, we recommend daily use of Hammer Nutrition's **Premium Insurance Caps**.

This potent multivitamin/mineral product is formulated to fill in nutrient gaps inherent in the modern diet. **Premium Insurance Caps** contains vitamins and minerals at Optimum Daily Intake (ODI) amounts, not the bare bones Recommended Daily Allowance (RDA), Daily Value (DV) or Reference Daily Intake (RDI) amounts, which are essentially the minimum amounts needed just to prevent deficiency diseases.

Designed to support active lifestyles, yet appropriate for anyone seeking to protect their health and maximize their energy—and to enjoy all the extraordinary, research-proven benefits listed here and in previous articles—**Premium Insurance Caps is the first step in any life-enhancing supplement regimen.**

REFERENCES

[1] <https://www.nature.com/articles/s41591-026-04239-3>

Multivitamins Victorious Again

DAILY KIT+
ESSENTIALS



SHOP THE DAILY ESSENTIALS KIT:

- Improved immunity
- More energy all day, every day
- Massively improved endurance
- Faster recovery
- Complete dietary support

TAKE CARE OF YOUR MITOCHONDRIA

AND THEY'LL TAKE CARE OF YOU!

By Steve Born

Maintaining the health of your mitochondria—your cells' energy-producing "furnaces"—is one of the most important keys to achieving your best athletic performance. Many athletes understand the importance of proper fueling but often fail to realize the key role of mitochondria in athletic performance and overall health.

Given their indisputably crucial role in energy production, and the fact that the average human body contains an estimated 100 trillion (100,000,000,000,000) to 1 quadrillion (1,000,000,000,000,000) mitochondria—each of the 2 to 3 billion heart cells contains a staggering average of 5,000 mitochondria—it's not hard to come to the conclusion that taking care of them is of vital importance.

As the mitochondria age, deteriorate, and/or become dysfunctional, athletic performance declines significantly and the risk for age-related diseases increases—especially those involving the organs with the highest energy demands: the brain, heart, muscles, liver, and kidneys.

These are the reasons why I consider **Mito Caps** an essential daily supplement for athletes and non-athletes alike. The Mito Caps formula powerfully addresses the vitally important issue of mitochondrial health. Here's what you can expect from regular use of this critical supplement:

1. Greater energy and endurance because of improved cell energy metabolism.

Two nutrients in the Mito Caps formula—acetyl l-carnitine (ALC) and r-alpha lipoic acid (R-ALA)—are responsible for this benefit.

- ALC, like all forms of l-carnitine, is THE nutrient the body requires for efficient utilization of fatty acids for fuel. Additionally, ALC appears to reduce the depletion of ATP by forming acetyl-CoA, which one nutritional expert states "[is] the most important intermediary in the generation of energy from amino acids, fats, and carbohydrates."
- R-ALA is an essential cofactor for several multi-enzyme complexes (primarily the dehydrogenase complexes) that catalyze (increase the speed of a chemical reaction) critical energy metabolism reactions inside the mitochondria.

2. Improved use of fatty acids as fuel.

The ALC component in Mito Caps is the key nutrient your body needs to utilize "fats for fuel." Mito Caps also contains ascorbyl palmitate, the fat-soluble form of vitamin C, which enhances the bioavailability of carnitine, resulting in greater fat utilization capabilities. Ascorbyl palmitate also has antioxidant properties.

3. Brain protection and enhanced cognitive function.

Only the ALC form of l-carnitine is able to cross the blood-brain barrier, where it provides antioxidant support for the brain and protects its cells from toxic chemicals. ALC also provides acetyl groups, which may be used in the formation of the neurotransmitter acetylcholine, which is involved in cognitive function. DMAE (dimethylaminoethanol), a nutrient found in fish, stimulates the production of choline, which in turn allows the brain to optimize production of acetylcholine.

4. Superior recovery and immune system support.

Nearly every nutrient in the **Mito Caps** formula—ALC, R-ALA, ascorbyl palmitate, vitamin E, DMAE, PABA (Para Amino Benzoic Acid), ergothioneine—has powerful antioxidant properties. R-ALA is particularly impressive, as it is believed to be the only nutrient that functions as both a water- and fat-soluble antioxidant, with the ability to quench several different types of free radicals. Additionally, R-ALA enhances glutathione levels in the body. Glutathione is one of the primary antioxidants produced directly by the body, and it plays a key role in immune system health. R-ALA can also revitalize and extend the "lifespan" and potency of nutrients such as CoQ10, vitamin C, and vitamin E.

- More detailed information about the benefits of ALC and R-ALA can be found at *What Makes Mito Caps So Essential*
- Ergothioneine's benefits extend far beyond antioxidant support and enhancing recovery and immune system functioning, that it deserves its own separate article. Check out *What are the Benefits of Ergothioneine?*



Scan the QR code to read
What are the Benefits of Ergothioneine?



Scan the QR code to read
What Makes Mito Caps So Essential

SUMMARY

No question about it, the unique **Mito Caps** formula helps mitochondria work more efficiently and stay healthier. As one nutritional scientist summarizes,

“ The longer you can stimulate the lifespan or health of the mitochondria, the longer you will live and the better you will perform in endurance events. The athlete who has the most healthy/efficient mitochondria is the athlete who performs at their best. ”

Take Care of Your Mitochondria

Want yet another reason to take Mito Caps daily? Check out the article below!



Scan the QR code to read
Another Reason to Feel Good About Taking Mito Caps



FIRST CRIT AND FIRST PODIUM

FRAN T.

I have been a H.N. customer since 2011 but only recently added Mito Caps to my daily regimen (4months ago) and I cannot believe the increase in energy I have experienced which has directly translated to speed and endurance gains. Last year I was averaging 15 mph ... last two months, 18 mph.

At 53 years old, I entered my first crit this weekend and landed 3rd place. I have H.N. to thank as I relied on their products for my pre-race concoction: Mito Caps, Anti-Fatigue Caps, Fully Charged, Endurolytes, Perpetuem and Energy Surge.

Thank you, Hammer!!!



MITO CAPS HAVE CRUSHED MY PROCRASTINATION

EDWARD N.

I have been talking Mito Caps for several month now. I know this is anecdotal. However, the minute I started taking them, I noticed a change in my intention and follow through to get things done. I wouldn't call it energy. Stuff I had been putting off, suddenly I would take care of it. It could be a honey do chore. Or a work related project, Or, a difficult conversation with someone. I just dive in. Almost a change in attitude.

Anyway, I really like the change so I religiously take them every day.



SUBSCRIPTION MUST

SANDRA C.

I am a marathon runner and avid CrossFit athlete. I prioritize exercise and recovery on a daily basis. Mito Caps have been a must in my regimen for several years. I have great energy to exercise and even decided to sign up for my first ultra.

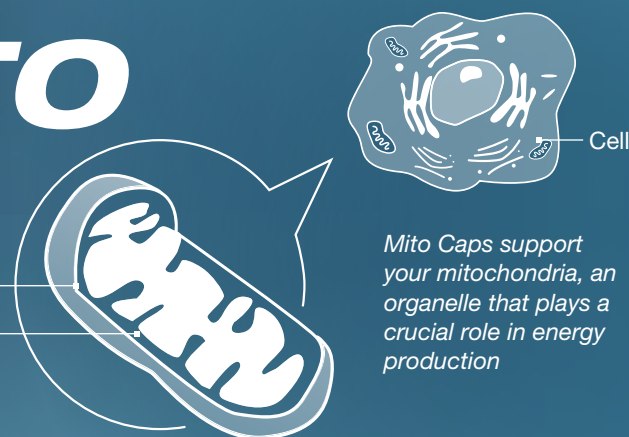


MITO CAPS

MITOCHONDRIA

Outer Membrane

Matrix



CELLULAR ENERGY POWERHOUSE

- Improves energy production
- Promotes wellness
- Helps improve fat metabolism

THE PERILS OF LOADING

WHEN YOU HAVE A BIG EVENT, COMPETITION, OR ADVENTURE...

DO NOT ATTEMPT TO LOAD CARBOHYDRATES, WATER, OR SODIUM. IT DOES NOT WORK!

By Brian Frank

You have almost certainly heard experts and veteran athletes say you should “**race like you train**” and “**never try something new on race day**,” right? Evidently, most athletes don’t think this applies to the days leading up to the event too. I constantly see athletes massively changing their calorie, fluid, and sodium intake just before a big endurance event. These practices contradict the old adages and human physiology!

Maintaining constant calorie, fluid, and sodium intake while simultaneously reducing expenditures in the taper phase leading up to your event allows you to “load” all of these things as much as possible.

Hopefully, you have read our fueling booklet, *SOS: 5 Secrets of Success*, and incorporated those practices immediately prior,

during, and after your training and racing routine. But what do you do in the 72 hours prior to racing? Keep reading for the answers.

In the old days, athletes were erroneously told that consuming copious amounts of calories, fluid, and sodium during endurance events would allow them to achieve optimum performance. In the 80s, 400–600 calories, 40–60 ounces of fluids, and 1–3 grams of sodium per hour were recommended. Whenever exercise or competition went beyond three hours, stomach and GI problems were almost universal. Today it’s rare to find anyone still advocating these crazy numbers, at least in the U.S. Europe and Asia are another story.

As you know if you have read our literature, **we recommend hourly intakes of 120–180 calories, 20–25 oz of fluids, and 400–600 mg of salt** (as part of a full-spectrum electro-

lyte replenishment product) as more reasonable and effective. We’ve been advocating this for three decades, and these numbers are now more or less the accepted wisdom.

Unfortunately, the myths regarding “loading” in the days leading up to a big, hot event are still surprisingly pervasive. So, let me dispel this one more time to help you avoid making these mistakes this year and beyond.

CARBOHYDRATES

We typically eat too much already. Increasing calorie intake during days of lower physical activity before an event only makes more work, fills your stomach and intestines, and likely leads to increased fat storage.

WATER

We are not camels and cannot store water. Suddenly increasing daily intake by more than 10% will overly dilute the electrolytes in your blood, which increases the potential for serious issues associated with hyponatremia. Additionally, all that unnecessary water will excessively fill your bladder, causing you to prematurely lose electrolytes courtesy of frequent elimination.

SODIUM

Again, we typically consume too much. Increasing it even more will not improve heat tolerance. In fact, it puts the body into survival mode where it seeks to jettison the excess to avoid toxicity. Whatever your normal daily sodium intake in the weeks prior to an event, keep it the same all the way up to race start. Then, from the start of the event, consume reasonable amounts throughout.

Going back to fluid intake, drinking excess amounts only increases the risk of overly diluting blood levels of sodium and other electrolytic minerals.

That said, there is a way to maximize cellular fluid storage, and that’s via the glycerol component in **Liquid Endurance**. Glycerol is a naturally produced metabolite of fatty-acid oxidation, and it absorbs rapidly when taken with water or sports drinks, increasing the water content in blood, cells, and extracellular spaces. All three of these compartments contribute to sweat volume, resulting in a significant increase in cooling efficiency during prolonged exercise.

The key to maximizing—not over-supplying, but naturally maximizing—how much fluid the cells can hold is to use a specific amount of **Liquid Endurance** in a specific amount of water (ranging from 16–28 ounces) for a three-day period prior to a hot-weather workout or event. Follow product dosing instructions for best results.



Above: Kai Mittelsteadt racing the Black Canyon Ultra in Arizona

📷: HOWIE STERN

LIQUID ENDURANCE

HYPER HYDRATION FORMULA



REALLY HELPS WITH PRE-RACE HYDRATION!

In the south where humidity can be as high as the temperature, hydration is very important. I found that Liquid Endurance gives me an edge.

DAVID



LIQUID ENDURANCE

THE ONLY WAY TO PRE-LOAD WATER

By Steve Born

Summer is nearly here, and if the weather isn't already hot where you live, believe me, it will be soon. And of the factors that can negatively impact our workouts and races, hot weather—or, more specifically, the inability to deal with hot weather—tops the list, partly due to the increased potential for dehydration and its associated issues. One study states, "Dehydration in athletes alters the cardiovascular and thermoregulatory function and may inhibit endurance exercise capacity if the fluid loss exceeds 2% of body weight (BW)." [1]

When exercising in hot weather, your body's core temperature increases dramatically. Your internal cooling system responds by sweating. However, unlike your car's radiator, which recycles its coolant, your sweat evaporates, drips away, and it's gone. Rehydration is your primary strategy, but there are two incorrect tactics that athletes employ:

- **Dramatically increasing water/fluid intake in the days leading up to an event.** The problem with this tactic is that suddenly increasing daily intake overly dilutes the electrolytes in your blood, which increases the potential for serious issues associated with hyponatremia. Additionally, all that unnecessary water will excessively fill your bladder, causing you to lose electrolytes courtesy of frequent elimination prematurely.
- **Increasing water/fluid intake greatly during a hot-weather workout or race.** While there are some allowances to increase regular hourly fluid intake (16-26 ounces) by two, maybe three ounces in hot weather, any more than that will put you at the serious health consequences caused by over-hydration. How serious, you ask? Severe enough to kill you. That's right, "death by water intoxication," formally known as dilutional hyponatremia. During exercise, we MUST remember the sage advice of hydration expert Dr. Ian Rogers: "We can no longer assume that excess fluid taken during prolonged exercise will just be passed out in the urine," understanding that serious consequences can result from consuming too much fluid.

THE SOLUTION? LIQUID ENDURANCE!

When the hot weather comes, you'll want to be ready. With **Liquid Endurance**, you will be! It is the correct way, the only

Below: Kip Koelsch paddling on the Banana River near Indian Harbour Beach, Florida

way to maximize fluid storage capacity safely and effectively before a hot-weather event.

Liquid Endurance contains glycerol, a well-tolerated, naturally produced metabolite of fatty acid oxidation. Glycerol absorbs rapidly when taken with water, increasing the water content evenly in the body fluid compartments: [2]

- The intracellular fluid (ICF) compartment is the system that includes all fluid enclosed in cells by their plasma membranes.
- The extracellular fluid (ECF) compartment has two primary parts: the fluid component of the blood (plasma) and the interstitial fluid (IF) that surrounds all cells not in the blood.

Increased fluid in these compartments contributes to sweat volume, significantly increasing cooling efficiency during prolonged exercise in the heat.

SUMMARY

Excess body fluid loss causes premature fatigue and decreased performance. If the loss goes unchecked, the potential for dehydration and its associated severe issues increases. Once dehydrated, you're cooked—literally and figuratively. But not to worry! Liquid Endurance and proper hydration will address the fluid-loss concerns that endurance athletes face when training or competing in hot conditions.

Beat the heat with Liquid Endurance!

REFERENCES:

[1] <https://pubmed.ncbi.nlm.nih.gov/20092365/>

[2] <https://open.oregonstate.edu/aandp/chapter/26-1-body-fluids-and-fluid-compartments/>



SHOP LIQUID ENDURANCE

- Improves hot weather performance
- Increases heat tolerance
- Reduces exercise-related dehydration

Use **PROMO CODE: EN144** at checkout for a **FREE** Hammer Gel Flask!*

BEAT THE HEAT

6 SIMPLE STRATEGIES TO HAMMER STRONG IN RISING TEMPERATURES

By Steve Born

Summer weather extremes can make a tough race even tougher. Not only can the heat put a damper on your finish time, but it also can result in serious medical problems if you do not prepare and respond properly. Take these simple but important precautions to beat the heat and finish strong.

- 1. Train in the heat.** Heat acclimatization and fitness reduce fluid and electrolyte losses by up to 50%.
- 2. Stay properly hydrated all day long.** Since approximately 60% of your body is comprised of water, it's vitally important to maintain optimal hydration status all day long, especially if you're going to be exercising in hot weather. Unfortunately, many people live in a state of perpetual dehydration, and that negatively affects their athletic performance and health. Starting now, gradually increase your fluid intake — primarily from pure, clean water — so that the total number of ounces you're drinking on a daily basis equals 0.5 to 0.6 of your body weight in pounds (e.g., a 150-lb athlete should consume 75-90 ounces of fluids daily, in addition to what is being consumed during exercise).
- 3. Drink an appropriate amount of fluids during exercise.** Don't assume that you can drink unlimited amounts of water or fluid during exercise and that all of it will be absorbed, with the excess excreted in sweat or urine. You will instead bloat, overly dilute your blood, and perhaps even develop water intoxication (i.e. hyponatremia). Keep fluid intake during exercise between 20-25 ounces per hour, plus or minus 3-4 ounces, depending on your weight and the weather. If you feel you need more fluids than what you normally consume, experiment in training, keeping in mind that you will require additional electrolytes to match your increased fluid intake.

4. Increase your Endurolytes dose or use Endurolytes Extreme. If you're exercising in weather that you're not yet acclimated to, your electrolyte losses will be higher than normal, so you will either have to increase your intake of Endurolytes or use Endurolytes Extreme. The same applies if you have unusually high sweat rates, often due to high dietary sodium intake.

5. Avoid foods and fuels that contain short-chain carbohydrates. Simple-sugar-based fuels require more fluids and electrolytes for digestive purposes. Stick with the complex carbohydrates (maltodextrin) in Hammer Nutrition's fuels. Also, remember that in hot weather, your ability to process calories will most likely diminish; adjust your caloric intake accordingly.

6. Use Liquid Endurance prior to your hot-weather workouts and events. Glycerol, the active ingredient in this one-of-a-kind product, safely and effectively prepares your body for heat exposure by maximizing intercellular water levels, to be called upon as needed during activity. Liquid Endurance minimizes the potential for dehydration, significantly increases cooling efficiency, and improves thermoregulation, all of which maximize exercise performance in hot weather.

Left: Keller Norland at the World Cup Triathlon in Haikou, Hainan, China

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PROPER HYDRATION STARTS HERE

ENDUROLYTES



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- Full-spectrum electrolyte formula
- Rapidly assimilated and versatile

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\$6.95 VALUE

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Must make a purchase to qualify. Exp. 8.31.26



ASK HAMMER



Q: I'M NEW TO HAMMER, HOW DO I GET TO THE NEXT LEVEL?

A: Check out our new **Quick Start** webpage and watch your results soar!

This page walks you through how each of the Hammer product lines fit into your routine. By the end, you'll know how build your ideal Hammer product mix to fuel your success in sport and life!

See below for a preview.



Scan the QR code to visit our **Quick Start** webpage!

<https://hammernutrition.com/pages/quick-start>

FUEL YOUR ATHLETICS & DAILY ACTIVITIES

For optimal performance during exercise and through out daily life, our fuels have you covered. You'll find the maximum benefit by stocking your shelves with products from each major category:

Pick your primary energy source:

- Activity under 3 hours or general daily use: choose **Hammer Gel** and/or **HEED**
- Activity over 3 hours: choose **Perpetuem**, **Perpetuem Solids**, or **Sustained Energy**

Replace electrolytes from hot weather activity with the **Endurolytes** family - both supplements and effervescent tables available.

Recover right with Recoverite - our flagship recovery product and our other recovery powders.

Fuel for the day with food bars, our meal replacement product, & full line of powders.

BUILD YOUR SUPPLEMENT PROTOCOL

Eating whole foods while minimizing sugar/salt and avoiding processed seed oils completely is the bedrock of a healthy life. While critically important, your food intake alone won't provide all the nutrients your body needs to perform, maintain, and replenish optimally. Add supplements from our complete line to supercharge your days (and nights!):

- Build your foundation with our Daily Essentials.** Everyone can benefit from the daily use of these core supplements.
- Support your recovery and sleep** with our recovery supplement line - including Hammer CBD and our #1 seller, Tissue Rejuvenator.
- Perform optimally** by adding from our peak performance line - perfect for combining with our energy fuels.
- Support your overall wellness** with the purpose-built supplements in our well-being line.

Q: DOES HAMMER COLLAGEN CONTAIN HYDROLYZED COLLAGEN OR COLLAGEN PEPTIDES?

A: Hammer Collagen contains **hydrolyzed collagen**. It's important to note that both hydrolyzed collagen and collagen peptides are essentially the same highly bioavailable ingredient.

Both are created by breaking down collagen into small, easily absorbed fragments to support skin elasticity, joint health, and bone strength. While the terms are often used interchangeably, "peptides" typically refers to the final, processed powder.

As they both provide the same nutritional benefits, hydrolyzed collagen and collagen peptides are interchangeable.

Below: Reed Sandstrom shouldering his gravel bike in Montana

📷: JULIANNE HUTLEY

Here is a quick breakdown of how they compare:

- Hydrolyzed collagen results from the hydrolysis process, while collagen peptides are the specific particles that make up the final product.
- Absorption: Both have high bioavailability and low molecular weights, allowing for rapid absorption.
- Usage: They are identical in functionality and dissolve easily into liquids and powders.
- Benefits: Both support skin hydration, reduced wrinkles, stronger hair and nails, and joint health.



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SKIN &
HAIR



SHOP HAMMER COLLAGEN

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- Optimizes strength and structural integrity
- Outstanding for the heart and arteries

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COLLAGEN

RESEARCH CONFIRMS ITS COMPREHENSIVE BENEFITS

By Steve Born

FIRST, A COUPLE OF TERMS ARE DEFINED...

According to the Korean Journal of Anesthesiology, published in the National Library of Medicine, “A systematic review attempts to gather all available empirical research by using clearly defined, systematic methods to obtain answers to a specific question. A meta-analysis is the statistical process of analyzing and combining results from several similar studies.” [1] “Systematic reviews and meta-analyses are generally considered the highest tier of evidence, sitting at the top of the research hierarchy, because they provide a rigorous, objective synthesis of multiple primary studies.” [2]

According to the University of Melbourne, “An umbrella review compiles evidence from multiple existing reviews and is one of the highest levels of evidence. Allowing easy comparison between other individual reviews, the umbrella review may address a broader question and can be useful for comparing interventions and developing guidelines.” [3]

I mention this to emphasize the high quality and confirmed results of an umbrella review that was published in the Aesthetic Surgery Journal. This review included 16 systematic reviews and meta-analyses—which included 113 randomized, controlled trials—and involved nearly 8,000 participants. [4]

According to the lead author, Dr. Roshan Ravindran, their findings “illustrate the multifaceted potential of collagen supplementation across distinct health domains, with several outcomes supported by moderate-to-high certainty of evidence.”

These positive outcomes include:

- Substantial improvements in skin elasticity and hydration
- Improvements in fat-free mass and muscle architecture (i.e., the muscle fibers are arranged in an improved way, which helps improve the muscle’s functional capacity, range of motion, and strength)
- Modest increases in maximal strength
- Enhanced tendon morphology (i.e., the structure, composition, and organization of tendons)
- In individuals with osteoarthritis, collagen supplementation was consistently associated with symptom relief

Note: The researchers noted that while collagen’s effects on oral health were mixed, and its cardiometabolic benefits were not statistically definitive, both these areas are worthy of further exploration.

Dr. Ravidran summarizes:

Collagen is a protein with multiple roles within the human body such as supporting fibroblast formation in the dermis, replacing dead skin cells, protection of organs, giving structure, strength and elasticity to the skin, and a primary role in blood clotting.” It has been suggested that the body’s collagen production slows down over time, decreasing by 1% a year beginning in early adulthood.

Given the scale and scope of this umbrella review, the most comprehensive to date, there is now a compelling rationale for clinical guideline bodies, research councils, and public health institutions to reappraise the role of collagen in preventive health strategies. The signal is clear: collagen, once relegated to cosmetic marketing, now shows potential as a legitimate adjunct in the prevention or management of age-related decline in connective tissue integrity.

HAMMER COLLAGEN: THE EASY AND DELICIOUS WAY TO OBTAIN THE COLLAGEN YOU NEED!

Hammer Collagen contains:

Type I Collagen (from bovine hides and fish scales/hides) – This is the most abundant type of collagen in the body, making up approximately 90% of all the collagen in the body, and it’s also the most abundant protein in the body, making up about 30% of total protein content [5]. Type I collagen is typically found in the bones, connective tissues, skin, and tendons, and plays a significant functional role in maintaining/improving the strength and integrity of bones, connective tissues, and skin. Additionally, Type I collagen also plays a role in maintaining healthy hair and nails.

Type III Collagen (from bovine hides) – Type III collagen is the second most abundant collagen type in the body [6]. It is a major component in areas like skin, blood vessels, arteries, intestinal walls, and lungs. Type III collagen supports skin elasticity and firmness, helping reduce wrinkles and fine lines. It helps alleviate joint aches and stiffness and supports overall cartilage and joint health. Type III collagen provides structural support to blood vessels, as well as the integrity of the gut lining, and it is a vital structural protein in the lungs.

SUMMARY

Given the multiple research-validated benefits that **Hammer Collagen** provides, along with the fact that we produce less collagen as we age, daily supplementation with **Hammer Collagen** is a no-brainer. Plus, with each serving of **Hammer Collagen**, you’ll supply your body with 9 grams of high-quality protein. Available in Chocolate and Vanilla flavors, and in both single-serving packets and cost-saving 30-serving containers, **Hammer Collagen** is here and ready to go to work for you!

REFERENCES

[1-6] References available upon request



WHEY PURE WHEY ISOLATE **PROTEIN**

YOUR MUSCLE'S BEST FRIEND

- Maintains & repairs lean body mass
- Strengthens immune system
- Accelerates recovery

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GRASS-FED WHEY
100% and ANTIBIOTIC-FREE

WHEY PROTEIN IMPROVES LUNG FUNCTION!

By Steve Born

We all know that the whey protein isolate in **Whey Protein** is ideal for muscle tissue repair, reduction of soreness, boosting immune system function, and more. Recent research, however, reveals an exciting new benefit from whey protein isolate: improved lung function.

As we age, and especially into our 50's, 60's, and beyond, many of us have a marked reduction in the amount of protein we consume. This results in a noticeable loss of muscle mass and strength, and it may also result in impaired lung function, respiratory strength (the force-generating capacity of muscles controlling breathing), and functional capacity (how well the lungs work to transport oxygen and remove carbon dioxide)

That was the purpose of this clinical study, as per the researchers:

“**Aging is associated with reduced protein intake, increasing the risk of infections by dampening the pulmonary and systemic immune response. Although whey protein supplementation improves systemic immune response, its effects on the pulmonary immune response are unknown.**”^[1]

43 older adults took part in this study. 27 were given 25 grams of whey protein isolate a day for 12 weeks, while the other 22—the control group—did not receive any whey protein isolate during that time. Lung function, muscle strength, markers of immune function and inflammatory response, and other parameters were assessed at the beginning and end of the trial.

At the end of the 12-week period, the whey protein isolate group showed significant improvements in various areas of lung function and health while the control group did not. The researchers concluded:

Isolated whey protein improved pulmonary and systemic immune response, lung function and functional capacity of older adults. These findings highlight the potential of whey protein as a simple and effective nutritional strategy to promote respiratory health and reduce inflammatory burden in aging populations.

Hammer Nutrition's **Whey Protein** is 100% whey protein isolate, free of lactose, fat, and added sugar, and is derived from US-raised, grass-fed, hormone-, and antibiotic-free cows. A whopping six grams of the multi-beneficial amino acid, L-glutamine, are added for additional health benefits, which include aiding lung function and health. With Whey Protein, you get the superb lung benefits from both the protein and the added glutamine! **As we are fond of saying, Whey Protein is more than just a protein powder, it's a Superfood!**

REFERENCE:

[1] <https://pubmed.ncbi.nlm.nih.gov/41609728/>



SUMMER HOUSEKEEPING

By Brian Frank

HAMMER BARS

THEY'RE BACK AND MORE DELICIOUS THAN EVER. As you probably know, for the past couple of years, **Hammer Bars** have been spotty on availability and there's been a few batches that were not exactly up to snuff. Without jinxing it, it does appear safe to say that we are finally out of the woods. We have two solid new manufacturing partners, one for the food bars and one for the enrobed protein bars, raw materials markets are stabilizing and I'm cautiously optimistic that we'll be able to keep all 8 of our bars in stock going forward.

Most importantly, they taste better than ever and won't turn into dry bricks in your pantry! **If you've been waiting for your favorite bar to come back, happy to say the wait is over.**

**BACK
IN STOCK!**



CREATINE BOOST

As if all of the other raw materials shortages were not challenging enough, **CREAPURE CREATINE BECAME SCARCE IN THE FIRST HALF OF 2026**, for the first time ever. The combination of an exponential increase in demand, coupled with some hiccups in a planned production expansion by the manufacturer in Germany put us behind the eight ball right as sales were starting to ramp up on our **Creatine Boost**.

I'm also tentatively optimistic that we will be able to maintain inventory on this amazing product. While there are countless companies already selling Creatine, and more rolling everyday, be aware that not all are the same, especially when it comes to price. Be sure you are comparing apples to apples. We sell 450 grams of Creapure for \$34.95. Many other products come in 300 gram or even 250 gram sizes, often for similar or higher price and from unknown sources. **This is definitely a top product to get on subscription, since you'll want to be taking 5 grams a day for the rest of your life.**

**BACK
IN STOCK!**



FULL-SPECTRUM CBD

Although there has been scant little coverage about the coming **regulations that will effectively eliminate the legal sales of full spectrum CBD** tinctures and soft gels, it really is happening beginning 1/1/27. We are selling through our remaining inventory this summer, so **STOCK UP NOW.** With a 4 year expiration date and all lots from recent production, you can make sure you can continue to enjoy the full entourage effects of this product for years to come.

CBD 5000MG BALM

Since its introduction in 2018, our topical CBD balm has been extremely popular due to the fact that it has no heating/cooling agents and provides excellent relief for joints, muscles and skin irritation. I was recently able to upgrade the formula by **INCREASING THE CBD CONTENT 10X TO 5,000 MG PER STICK, WITHOUT RAISING THE PRICE!** If you've been enjoying our 500 mg balm, you're going to love the new 5K balm ten times more! If you've not yet tried Hammer CBD balm, **now is the time to add it to your recovery routine!**

**10x
MORE POTENT**



NEW

SHAKER BOTTLES

You asked for non-black shaker bottles, so we changed to a semi-transparent smoke colored shaker and updated the graphics while we were at it! **Check 'em out today, along with all of our other cool gear.**



NEW

NEW T-SHIRTS

We also revamped our T-shirt offerings. **Now they are all organic, feature fresh new graphics and are of course made in the USA!**

LIMITED EDITION BOTTLE

250th Anniversary, limited edition water bottles coming soon! To celebrate our nation's 250th anniversary, we'll be making 250 Specialized Purist water bottles. Be sure to get yours, if you can!



REAL FOOD, REAL ENERGY

HAMMER BARS



SHOP HAMMER BARS

- Reliable, long-lasting energy
- Packable & easy to eat
- Suitable for all diet types

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CREATINE BOOST

ITS BENEFITS ARE
FOR EVERYONE!

Creapure®

THE HOTTEST SUPPLEMENT IN THE HAMMER LINE ISN'T JUST FOR STRENGTH ATHLETES!

By Steve Born

There is no doubt that the hottest supplement currently on the market is creatine monohydrate (aka “creatine”). The reason? Because while once being the sole domain of purely strength/explosive activity athletes—bodybuilders, weightlifters, track sprinters, etc.—newer research has shown that it’s hugely beneficial for all athletes... the general population even more so, thanks to creatine’s overall health benefits!

This newer research is why, after an over 30-year absence, we brought **Creatine Boost** back to our product line (yep, we had a creatine product a waaaay back when!) And with so many benefits that far exceed the original “build muscle mass and strength” benefits, that decision was a no-brainer! Another no-brainer? Using only the finest, most-researched form of creatine in the world: Creapure® pure creatine monohydrate produced by Alzchem Trostberg GmbH in Germany.

THE AWESOME WIDE-RANGING BENEFITS OF CREATINE

Helps muscle fibers heal and rebuild stronger post-exercise. Exercise causes micro-tears in the muscle fibers. During the recovery period, we want these micro-tears to heal and become stronger. Creatine (protein as well) assists in this all-important process as it helps activate satellite cells—specialized stem cells located within skeletal muscles—which help the micro-tears heal. [1]

Helps reduce exercise-induced soreness. In one study involving well-trained runners competing in a 30k race, the researchers looked at inflammatory and muscle soreness markers—creatine kinase, lactate dehydrogenase, prostaglandin E2, and tumor necrosis factor-alpha—in the runners prior to and after the race. In the control group (no creatine) all the runners had sizable increases in all four inflammatory

and muscle soreness markers, while the creatine-supplemented runners had significantly lower levels of all four markers. The researchers concluded, “These results indicate that creatine supplementation reduced cell damage and inflammation after an exhaustive, intense race.” [2]

Hot tip: Prior to your key races, doing a 4-day load with **Race Day Boost**, and adding 1 serving of **Creatine Boost** to one or two of the 4 daily loading doses on each of the 4 days of the load loading period may prove to be the perfect performance-enhancing AND recovery combination. Test in training first!

Enhances muscle glycogen restoration after exercise. Researchers Bergström and Hultman say it best: “Muscle glycogen availability has long been cited as a principal determinant of endurance exercise performance, and its depletion corresponds with the development of muscle fatigue. Optimising liver and muscle glycogen storage is a goal of many athletes wishing to maximise performance.” Creatine supplementation has been shown to help enhance the rate of glycogen resynthesis and increase muscle glycogen content after strenuous exercise. [3] That’s a MAJOR benefit!

Hot tip: To maximize glycogen restoration and increase the amount of glycogen your muscles store, add 1 serving of **Creatine Boost** to **Recoverite** or **Vegan Recoverite**. Including 1 capsule each of **Chromium GTF** and 1 **Essential Mg** will enhance glycogen synthesis/storage capabilities even more! [4]

Has antioxidant properties. Research has shown that creatine increases the activity of antioxidant enzymes and has the capability to eliminate reactive oxygen species (ROS) and reactive nitrogen species (RNS) free radicals. Creatine protects two different and important cellular targets, mitochondrial deoxyribonucleic acid (mtDNA) and RNA against oxidative damage. In addition, creatine has been shown to cause other related effects that help the cell to survive and function under oxidative stress. [5]

Multiple brain health benefits. The conclusion of a review of numerous brain specific studies with creatine supplementation

(“Heads Up” for Creatine Supplementation and its Potential Applications for Brain Health and Function), states: “Creatine supplementation can increase brain creatine content, which over time may help explain some of the promising effects on measures of brain health and function. Specifically, creatine supplementation has been shown to improve measures of cognition and memory (primarily in aging adults) and decrease symptoms of sleep deprivation in human and animal populations. Creatine supplementation also shows promise for alleviating some symptoms of TBI (Traumatic Brain Injury), including concussion, and characteristics of muscular dystrophy in humans. The efficacy of creatine for treating symptoms of depression and anxiety is also encouraging but clinical trials examining the effects of creatine (independent of pharmacological interventions) on these mood disorders are needed before a consensus can be reached.” [6]

Cardiovascular health support. While studies on creatine’s effects on healthy human hearts are still ongoing, in animal studies, creatine supplementation restored ATP levels in animals subjected to energy-reducing cardiac stress, while also reducing markers of heart muscle exhaustion. This beneficial effect was also seen in unstressed animals [7, 8]. Studies on humans with chronic congestive heart failure have shown that creatine supplementation increases creatine phosphate levels in their muscles, thus allowing them to perform significantly better on strength and endurance testing compared to those not supplementing with creatine. [9]

Protection against age-related decrease in muscle mass and strength, and bone mass, aka sarcopenia. The abstract of a study (Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation) states: “Sarcopenia, defined as the age-related decrease in muscle mass, strength and physical performance, is associated with reduced bone mass and elevated low-grade inflammation. From a healthy aging perspective, interventions which overcome sarcopenia are clinically relevant. Accumulating evidence suggests that exogenous creatine supplementation has the potential to increase aging muscle mass, muscle performance, and decrease the risk of falls and possibly attenuate inflammation and loss of bone mineral.” [10]

ONE PRODUCT! THREE CATEGORIES!

In the 39+ year history of Hammer Nutrition, no product—supplement or fuel—fits perfectly within three categories. But **Creatine Boost** does and here’s why:

Peak Performance - This is obvious, as creatine has always been THE go-to supplement for off-season weight training and all strength-specific workouts and competitions. However, given that it has beneficial effects for recovery, that also solidifies **Creatine Boost’s** spot as a Peak Performance supplement.

Well Being - With creatine having antioxidant properties, along with benefiting the brain and heart, while protecting against muscle mass and strength and bone mass, there’s no question that it has a rightful place in the Well Being category.

Daily Essentials - Because creatine does not act upon any receptors and there is no known “sensitivity” (i.e., build-up tolerance issues), there is no need to take a break from using **Creatine Boost** on a daily basis. The beneficial effects of **Creatine Boost** are cumulative, so it should be taken every day... for life!

DO NOT WAIT! GET CREATINE BOOST NOW!

Three words we hate to say are “supplies are limited,” and that’s the way it is, at least for now. We’re currently in good shape stock-wise in **Creatine Boost**, and we hope to keep it that way. However, because creatine monohydrate is THE hottest supplement currently on the market, and because a lot of other companies started using Alzchem Trostberg GmbH’s Creapure® creatine monohydrate (hmmm... wonder where they got that idea?), consistent supplies of Creapure® have been a bit hit or miss for the time being. We’re working hard to make sure we’re able to keep Creatine Boost in stock all the time, but given the frenzy for Creapure®, and with all the benefits that this amazing nutrient in **Creatine Boost** provides, you’d be wise to stock up now so that you don’t run out!

REFERENCES

[1-10] References available upon request

Climber leads a route in an overhanging cave above the Thailand coast

📷 SETH ANDERSON PHOTOGRAPHY

PLANT-BASED PROTEIN

DELICIOUS NEW FORMULA

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FRIENDLY**



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- Enhanced exercise recovery
- Vegan-friendly protein blend
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WOLFGANG

The new Plant Protein mixes and tastes smoother than the already great old Vegan Protein.

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THE AMAZING AVOCADO



AN ODE TO AVOCADOS

“ In your efforts to eat a healthy diet and reduce your intake of processed seed oils, the avocado, either whole or oil, should be one of the first foods you reach for. ”

It's an excellent source of unsaturated fat, fiber and even protein! It's as easy as cutting a ripe one in half, and filling the pit cup with your choice of lemon/lime juice, salt and pepper or French style with a vinaigrette dressing (olive oil, red wine or balsamic vinegar, salt and pepper), adding it to salads, on toast, etc.

Avocado oil is also a rock star in the kitchen, whether using it for sautéing or pan frying, salad dressings and other sauces, it's one of the best alternatives to vegetable oils that have been typically used for decades.

Most encouraging are the changes being made daily in the packaged and prepared food section of your supermarket. Avocado oil alternatives are becoming increasingly available in your grocery store for staples like **mayonnaise, potato chips, tortillas and tortilla chips** and many other common foods.

Look for these products with packages that say either:

- “made with avocado oil”
- “no processed seed oils”



IN THE **KITCHEN**

By Hammer Nutrition Staff

HAMMER GREENS

ULTIMATE SUPERFOOD BLEND
FOR SUPERIOR HEALTH



SHOP HAMMER GREENS

Getting your greens has
never been easier!



By Steve Born

It's always been a real challenge to provide our bodies with sufficient amounts of fruits, vegetables, and other healthy compounds it needs to perform optimally and enjoy superior health. Not any longer! While we will always advocate a diet containing organic, whole fruits and vegetables, we understand that this is not always possible. And even if you do consume fruits and vegetables, you're most likely not getting sufficient amounts to truly fulfill your body's needs. In addition, given how busy we all are on a daily basis, chances are we don't have enough opportunities to put together a high-quality sit-down meal.

That's precisely where **Hammer Greens** comes in! Loaded with efficacious amounts of fruits, vegetables, herbs, and other "super foods", it is the easy way to bolster your daily intake, helping to ensure that your body receives the quality nutrition it craves and needs. Bonus! **Hammer Greens** tastes good!

THE HAMMER GREENS FORMULA

No less than 16 super-healthy components, all in efficacious amounts (no "window dressing" amounts here!), make up the unique and powerfully beneficial **Hammer Greens** formula...

Alfalfa Grass Powder - A good source of vitamin K and other vitamins and minerals.

Apple Fiber - Apples contain both soluble and insoluble fiber, both of which support gut health and more.

Apple Pectin - This is a soluble fiber extracted from apple peels that supports gut health by acting as a prebiotic.

Asparagus Powder - High in quercetin, a flavonoid that has antioxidant and anti-inflammatory properties.

Barley Grass Powder - Contains a plethora of health-benefiting forms of polyphenols, and is a good source of vitamins C and K and a variety of amino acids.

Beet Juice Powder - Arguably the best-known source of nitrates, which the body converts to nitric oxide (NO).

Broccoli Juice Powder - Broccoli juice contains high amounts of glucoraphanin, which is converted into sulforaphane, whose benefits are numerous and wide-ranging.

Brussels Sprout Powder - Its main bioactive compounds are glucosinolates, which produce health-benefitting isothiocyanates. Brussels sprouts powder is also a good source of vitamins.

Chlorella - A single-celled, green freshwater algae, chlorella is perhaps the most vitamin- and mineral-dense "green food" there is.

Horsetail Leaf - Helps form the building blocks of collagen, benefiting skin, hair, bones, nails, and more.

Artichoke Powder - Artichokes are loaded with multiple compounds that benefit many areas of health.

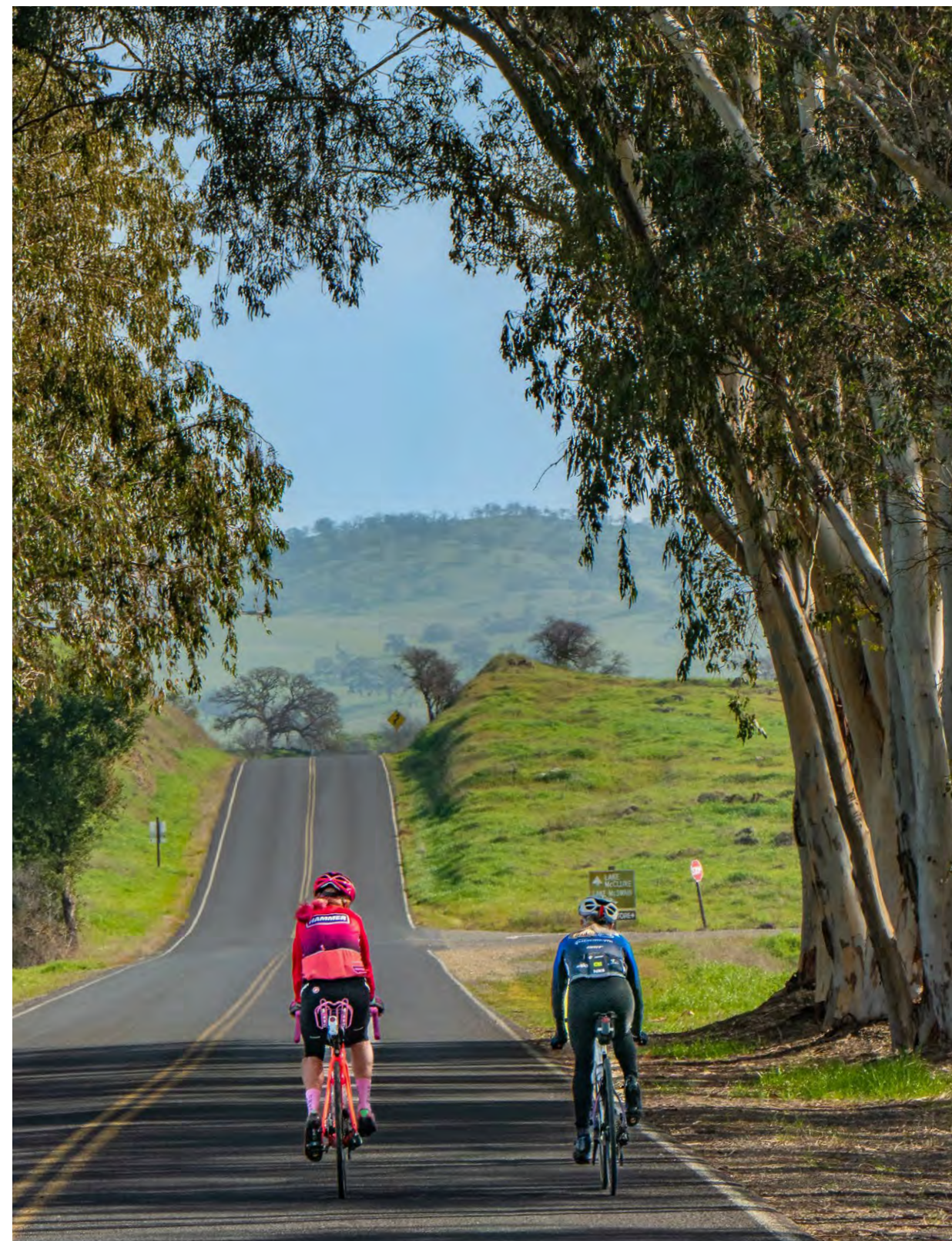
Kale Leaf - Rich in flavonoids, and is an excellent source of beta-carotene, vitamin C, and vitamin K.

Parsley Leaf - Another plant that is loaded with antioxidant compounds, in particular myricetin and apigenin.

Pineapple Fruit Powder - Contains bromelain, a digestive enzyme that helps break down protein and aid digestion.

Spinach Leaf - An extremely nutrient-rich vegetable, spinach is an excellent source of vitamin C, vitamin K, folate (B9), iron and calcium.

Spirulina Powder - Considered by many to be the superfood of superfoods, spirulina is vitamin- and mineral-dense, rich in enzymes and antioxidants.



Above: Dusty Dustyn and company pedaling on a quaint California road near Lake McClure

RAY PREVOST



AMINO ACID COMPLEX
AMINO AGE

★★★★★

3RD TIMES THE CHARM *CHRISSY*
Having been with Hammer through the 3 iterations of Amino Age, they hit spot on this time!

All of my cycling buddies have commented on my improved performance, and these are people I've ridden with for several years!

SHOP AMINO AGE!
Amino Acid Complex for Superior Health and Peak Performance

QR code linking to Amino Age product page.

AMINO AGE

SUPREME QUALITY OF LIFE, 3RD GENERATION FORMULA

By Steve Born

As we get older, we want to live as healthily as possible! Thrive, even! And that's precisely why we designed **Amino Age**. The four amino acids in the formula deliver profound benefits, both in their wide-reaching capacity, and in the powerful way they help promote superior health.

Despite the risk of sounding sensational, this is unquestionably the most unique product Hammer Nutrition has ever produced, and it provides a wealth of extraordinary benefits to individuals of any age. **Amino Age**, in its delicious orange flavor, is a daily use supplement—perfectly compatible with all other Hammer Nutrition supplements—that is designed to help you avoid many age-related maladies, allowing you to enjoy supreme health. Start on **Amino Age** today and enjoy flourishing, robust health every day!

QUICK REFRESHER AND SOME GOOD NEWS!

After a couple of reboots, the **Amino Age** formula—often referred to as Gen 3—is finalized for good... and it's better than

ever. We removed the NAC (n-acetyl cysteine) component, not because it didn't deliver plentiful benefits, but because for many people its natural smell and taste (very sulfur-like) was too pronounced and negatively impacted the flavor. NAC also tended to clump over time, which made mixing a serving of **Amino Age** a bit more challenging.

Two pieces of great news:

- We replaced NAC with an incredibly beneficial amino acid, L-citrulline (discussed below)
- A stand-alone NAC supplement is in the works and should be available in the near future (stay tuned!)

THE AMINO AGE (GEN 3) FORMULA

Please note that the benefits listed below for each of the ingredients in **Amino Age** are just the “tip of the iceberg” and m-a-n-y other health benefits are to be found in each component in the **Amino Age** formula. One serving supplies the following:

Glycine (6,000mg)

Glycine is an amino acid produced naturally by the body and found in protein-rich food. It is one of 20 aminos that make up proteins. It is also a neurotransmitter in the central nervous system. Glycine is involved in the synthesis of important compounds such as the powerful antioxidant glutathione, it is a major component in collagen and supports bodily produc-

tion of collagen, it helps optimize gut health, and it reduces aches and soreness while also helping to protect against chronic inflammation (a sustained inflammatory state that persists for an extended period, potentially causing damage to tissues and organs).

Taurine (4,000 mg)

The most abundant free amino acid in the human body, taurine is a naturally occurring sulfur-containing amino acid that can be produced by the body as well as found in food.

Researchers state this about taurine: “Considering its broad distribution, its many cytoprotective attributes, and its functional significance in cell development, nutrition, and survival, taurine is undoubtedly one of the most essential substances in the body.” Other researchers refer to taurine as “a wonder molecule.”

Among its many benefits, taurine provides powerful protection against type II diabetes, it has many properties (e.g., reducing arterial thickening) that make it a superb heart health nutrient, it is outstanding for the eyes, and it is extremely beneficial for liver health.

Special Note: With taurine having a wealth of athletic performance-enhancing benefits to go with its overall health benefits, it is perfectly acceptable to use **Amino Age** with our other taurine-containing products, **Fully Charged** and **Cherry Bomb HEED**.

L-Citrulline (1,000mg)

L-Citrulline is an amino acid that is an extremely effective nitric oxide (NO) booster. Increased NO offers many health benefits, especially regarding cardiometabolic health, defined as “the overall well-being of your cardiovascular system (your heart and blood vessels) and metabolic system (how your body breaks down food to create energy).”

Research states, “Diminished bioavailability of nitric oxide (NO), the gaseous signaling molecule involved in the regulation of numerous vital biological functions, contributes to the development of multiple age- and lifestyle-related risk factors and diseases including hypertension, atherosclerosis, insulin resistance and type 2 diabetes, and cardiovascular disease.”

Many more health benefits attributed to L-Citrulline can be found at <https://www.mdpi.com/2072-6643/10/7/921>. While this research is lengthy, it is well worth the read to see just how beneficial supplementation with L-Citrulline is.

L-Carnosine (500mg)

L-Carnosine, also known simply as Carnosine, is a dipeptide composed of two amino acids: beta-alanine and L-histidine. It is found in high concentrations in the brain, muscle, and gastrointestinal tissues of humans and is present in all vertebrates. Its benefits to human health are numerous; in fact, one

study refers to carnosine as “a molecule with multimodal mechanisms of action.”

L-Carnosine possesses numerous antioxidant properties and has been shown to reduce the shortening of telomeres, the protective caps on chromosome ends. Note that longer telomeres are associated with increased lifespan. L-Carnosine's most powerful benefit, however, is in its anti-glycating properties. Glycation is a chemical process where sugar molecules bind to proteins, lipids, and nucleic acids. This binding leads to the formation of advanced glycation end products (AGEs). Dr. Laurie Barclay writes “While glycation is a normal consequence of aging, it is far from desirable.” Dr. Bayne French states that AGEs “are considered toxic; in fact, they're also termed glycotoxins,” bluntly adding “The more AGEs, the faster you age.”

For more on the deleterious effects of AGEs, please see:



Advanced Glycation Endproducts Revisited
Dr. Bayne French

Sugar's Role in the “Sinister Action” of Glycation and AGE-ing
Steve Born

SUMMARY

Several pages could be written about each of the nutrients found in **Amino Age**, but I think you get the picture: This is the most unique product Hammer Nutrition has ever produced, and it provides more benefits—profound benefits—than any other product to be found anywhere. **Amino Age** is a daily use supplement, perfectly compatible with all other Hammer Nutrition supplements, that is designed to help you avoid many age-related maladies, allowing you to enjoy supreme health. Start on **Amino Age** today and enjoy flourishing, thriving health every day!



Right: Hammer Athlete Nick Bianchini running in the Sweetwater Trail Marathon

THE GUT-BRAIN AXIS

SUGAR'S TOXICITY ON YOUR SQUASH

Dr. Bayne French, MD DC

Tell me something I care about:

- This article will further detail the toxicity of sugar from the intestinal tract to distal organs. This time, your brain.
- Our gut flora communicates directly with the brain through various mechanisms.
- High sugar consumption impairs brain functions in many ways, including by disrupting our gut bacterial balance.
- Endurance athletic fueling "experts", professional athletes, and anyone else who promotes high sugar

THE TOXICITY OF SUGAR. A REFRESHER:

In my Pulitzer-worthy tome *Sugar, Leaky Gut and Liver Disease. Let's Do Some Lumberjacking!* I detail how sugar damages our intestinal lining, distorts gut flora, and damages our liver. If you haven't read it, you should. It's a hoot. I also detail a sugary trip through the bowel of a coward who trolled me.

So much of what determines health or disease starts at our intestinal lining. This is where numerous products inside our intestine directly interact with, well, us.

Food compounds, toxins like sugar, bacteria, and bacterial-derived products directly interface with our intestinal lining and thus our immune, nervous, and circulatory systems.

When intestinal sugar is low and our gut flora healthy, our intestinal lining is robust. When intestinal sugar is high, and our gut flora is distorted (dysbiosis), the intestinal lining becomes leaky. In my previous large article, I explained how this directly damages our liver. Sorry, brain, your next.

Both components of sugar (glucose and fructose) lead to disease over time in different ways. Fructose is particularly damaging to our gut bacteria and the proteins that control the integrity of our gut lining. Proteins that keep it tight, and highly selective as to what passes through.

This damage then leads to leak and toxic substances directly flowing to our liver. So how does the brain get affected you might ask? Pipe down. I'm getting there.

Recall that true sugar is sucrose. It is composed of a molecule of glucose and a molecule of fructose.

Glucose spikes blood sugar. This is directly toxic to all tissue, especially the brain. Glucose sticks to our tissues, creating toxic Advanced Glycation Endproducts which I've written about before.

Chronically elevated blood sugar also leads to arterial disease, directly impairing oxygen to the brain and leading to dementia over time.

Brain tissue forms and releases BDNF (Brain-derived Neurotrophic Factor). This compound protects brain nerve cells and helps with learning and memory. Monteni et al. (*Neuroscience*. 2002) was able to show in mice that those rodents eating the most sugar had the least BDNF. They were just dumber mice. If that's possible.

Higher sugar = lower BDNF, thus impaired learning and memory. A sugary cycle of getting dumber. Maybe that's why those that promote and recommend high sugar consumption, continue to do so...

Ever hear of beta-amyloid? If you read my articles you would have. It's the nasty protein aggregates that form in the brain of those with Alzheimer's disease. The formation of beta-amyloid is directly linked with **insulin resistance**. Insulin resistance is the pandemic problem arising from chronically elevated blood sugars.

And then there's fructose. **Fructose** is likely biochemically more harmful than glucose. It does not spike blood sugar, which is why it was considered a healthier sweetener decades ago.

Fructose is particularly potent at damaging our intestinal lining and disrupting intestinal flora. Both these problems lead to liver damage. Fructose also directly enters the blood stream and is taken up by the liver. This leads to further toxicity and greatly enhanced fat formation, called lipogenesis.

Fructose is a potent driver of uric acid formation. Uric acid can cause gout. It also leads to weight gain, elevated blood pressures, and is directly toxic to the liver.

Perhaps you're starting to see how both components of sugar are toxic to your brain. In *Sugar and its Role in Dementia*.

Avoid Getting Stupiderer, I attempt to consolidate studies implicating sugar as a cause for getting dumb. Here's a summary:

- Sugar-sweetened beverage consumption increased dementia risk (*Chen et al. Am J Clin Nutr.* 2023).
- The highest sugar consumers had the smallest brains and worst memory (Pase et al. *Alzheimers Dement.* 2017).
- The highest sugar consumers scored the worst on the Mini Mental Status Exam (Chong et al. *Clin Interv Aging.* 2019).
- Zhang et al. studied 210,832 humans. That's a lot of mammals. Multiple types of sugar were studied. True sugar, sucrose, was most **robustly associated with all-cause dementia and Alzheimer's disease**. The highest consumers of sucrose had the highest incidence of dementia.
- Individuals studied over 7 years who consumed the most sugar were twice as likely to develop dementia (Agarwal et al. *J Affect Disord.* 2022). Agarwal et al. also determined that for

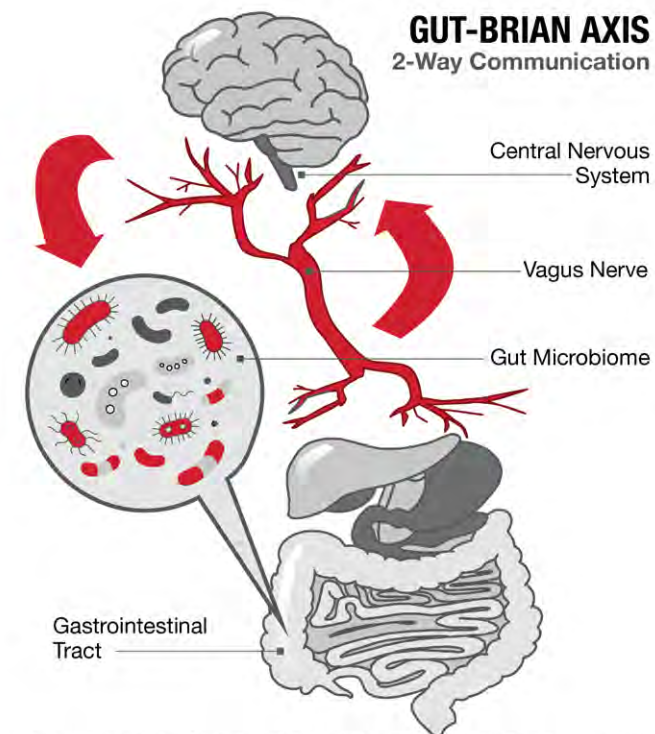
“every 10% increase in calories from sugar, dementia risk increased by 40%.”

Think about this for a moment in the setting of two endurance athletes. Both fuel with sugar, which is super stupid, but at very different amounts:

1. Emple Gummyjar just wants to compete. So much so that he missed the birth of his daughter while in Spain competing in the Mediterranean Epic. His wife said she didn't mind which is complete crap. Anyway, Emple trains and competes for about 8 hours in an average week, and fuels with **90 grams of sugar per hour**. That's 720 grams of sugar consumed per week.
2. Preston Potatocannon was bitten by a rattlesnake in middle school. Three of his fingers necrosed and fell off. Professional dodgeball dreams over. Preston found that since he possessed all his toes, he could run quite well. He too trains and competes 8 hours per week, and consumes much lower amounts of sugary crap, about **40 grams per hour**. That's 320 grams of toxicity per week.

Mr. Gummyjar consumes 125% more sugar than Mr. Potatocannon. Recall that Agarwal et al. determined that for every 10% increase in calories from sugar, dementia risk increased by 40%. This then means that Emple Gummyjar, over his 7-year career, has increased his risk of dementia by 500%.

Keep in mind that Preston Potatocannon's risk is also considerable higher than if he chose to fuel with lower amounts of a complex (non-sugar) carb source.



The Gut-Brain Axis is a bidirectional communication network that connects our GI Tract and central nervous system

Asker Jeukendrop is a Ph.D., which probably means he's hard-working and cognitively up there. How he can promote high sugar consumption for the benefit of the Gatorade Sports Science Institute befuddles me. This is my befuddled face.

Not only does high sugar consumption impair optimal human performance in numerous biochemical ways (see my article, *Sugar. The Antithetic Performance Enhancer*) it is metabolically damaging and drives cancer, heart disease, fatty liver, and brain disease. It gets worse...Dr. Jeukendrop actually educates athletes on how to "train" the gut to accommodate and tolerate massive amounts of sugar. So as not to crap themselves.

I would love to see an article from Dr. Jeukendrop refuting sugars toxicity to our gut flora, intestinal lining, liver, metabolic wellness, power-to-weight ratio, cardiovascular wellness, contribution to cancer, and brain health.

MICRO-TALK:

It seems like every author has a different definition of the organisms that inhabit us. Below are definitions that make sense to me:

- **Microorganism.** These are the wee (microscopic) critters that reside on and in us, comprised of fungi, viruses, archaeobacteria, protozoa, and predominantly



Scan the QR code to keep reading

The Gut-Brain Axis
Sugar's Toxicity on your Squash

EFFECTIVE FUELING FOR EVENTS 3 HOURS & UNDER

By Steve Born

They haven't been out for too very long, but our *How to Fuel Guides* have proven to be an absolute hit. Why? Because their detailed, step-by-step recommendations take the guesswork out of how to easily and effectively fuel for your sport or event. Inside each article, you'll find specific, actionable advice so you can fuel right and feel great, no matter the sport or distance.

While many of these events are longer in duration (e.g., Full Iron-Distance Triathlon), we also provide fueling guides for shorter-duration events such as:

- **Half Marathon**
- **Single Day Road Cycling Races (shorter distances)**
- **Road Cycling Critériums (Crits)**
- **Sprint Distance Triathlon**
- **Olympic Distance Triathlon**

For these 3-hour-and-under events, while you could certainly use **Perpetuem**, a “meal in a bottle” drink—with its complex carbs, protein, healthy fat combination—you really only need a “carbohydrate only” fuel, either **Hammer Gel**, **HEED**, or a combination of both.

Hammer Nutrition Founder & CEO, Brian Frank, explains this in more detail in his short article and video.



Scan the QR code to read
Hammer Under 3 Hours and Over 3 Hours

In these shorter-duration events, **HEED** is a very attractive option, because it is the closest you can get to the convenience of all-in-one fueling. Here's why:

With each scoop of containing 110 calories of fast-acting, long-lasting complex carbohydrates, 1.0 – 1.5 scoops of **HEED**—up to 2.0 scoops for larger athletes—will fulfill all your calorie needs for an hour.

Using a 20-26-ounce water bottle, the water you mix **HEED** in will fulfill your fluid needs for an hour.

Depending on how many scoops of **HEED** you use, you can fulfill most-to-all of your electrolytic mineral needs for an hour. **HEED** contains a balanced blend of all the electrolytic minerals you need and adds a touch more sodium via the inclusion of sodium phosphate, which also provides outstanding acid-buffering/pH-balancing benefits.

Note: You can add a scoop of Endurolytes Extreme Powder to your bottles if more electrolytic minerals are needed or you can carry additional capsules of Endurolytes or Endurolytes Extreme to use on an as-needed/when-needed basis.

HEED contains no simple sugars or tooth enamel-destroying citric acid, as well as some key auxiliary nutrients not found in other sports drinks:

- **Chromium** is considered by many nutritional scientists to be the “master nutrient” for controlling blood sugar (meaning stable blood glucose levels during exercise). Chromium also plays a vital role in energy production and the synthesis of glucose, fatty acids, and amino acids.
- **L-carnosine.** Along with the sodium phosphate in **HEED**, L-carnosine is a highly effective acid-buffering compound; it neutralizes acid buildup in muscles during exercise, which delays fatigue and improves exercise performance. L-carnosine is also a powerful antioxidant and anti-glycation nutrient.

BOTTOM LINE

Whatever you decide to choose:

Hammer Gel consumed with water + one of the Endurolytes products

HEED mixed in water + additional electrolytes (one of the Endurolytes products) if needed

... you're good to go for any/all workouts and events lasting up to 3 hours!

SUMMARY

For nearly 4 decades, Hammer Nutrition has led the way with not only the finest fuels and supplements for athletes, active people, and health-conscious individuals, but we're also the clear leader when it comes to support and service. As I am fond of saying—and this most definitely echoes Brian's sentiments from Day One—a company can produce the best products around, but without superior-quality customer service, and without top-level guidance on how best to use the products to enjoy maximal benefits, the person using those products will never get the full value out of them.

Specifically, when it comes to informational support, our knowledge resources are without peer in the supplement/fuel business. And if it were ONLY our *5 Secrets of Success* that we offered, we'd still be light years ahead of everyone else when it comes to proper fueling. But along with our latest knowledge resource, the 20+ *How to Fuel Guides*, we provide much, much more!

- **Product Usage Manual** ▪ **FAQS**
- **Endurance News Magazine** ▪ **Archived articles**
- **Endurance News Weekly** ▪ **Brian's informative videos**

HEED

HIGH ENERGY ELECTROLYTE DRINK



SHOP HEED SPORTS DRINK!

- Rock-solid sustained energy
- All-natural ingredients
- Easy to digest, no GI distress

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Receive a FREE 5 serv. Hammer Gel Flask.

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How to Fuel Guides
A fueling resource for nearly every sport or event type

EVENTS

HAMMER



Gran Fondo National Series

NATION WIDE | JUN - SEPT

ROAD BIKING

The Gran Fondo National Series® blends competitive bike racing with social riding, creating events that are fun, challenging, and inclusive for cyclists of all levels. Its timed-segment format lets riders race, regroup, and enjoy scenic routes together.

Since launching in 2012, the series has hosted over 60 events, including the Gran Fondo National Championship—officially recognized by USA Cycling. Founded by Reuben Kline, it's now the largest and most competitive gran fondo series in the U.S., and since 2020 has partnered with USA Cycling as part of its National Championship events.

HIGHLANDS GRAN FONDO BUTLER, NJ	JUN 7
GRAN FONDO UTAH PAYSON, UT	JUN 13
GRAN FONDO ASHEVILLE ASHEVILLE, NC	JUL 19
BOONE GRAN FONDO - BOONE, NC	AUG 2
GRAN FONDO NATIONAL CHAMPIONSHIP FREDERICK, MD	SEP 20

<https://www.granfondonationalseries.com/>

Whitefish Marathon

WHITEFISH, MT | May 16th

ROAD RUNNING

The Whitefish Marathon, Half Marathon and 5K Powered by Hammer Nutrition returns on Saturday, May 16, 2026, marking the event's 20th year. Held in our hometown of Whitefish, Montana, the race takes runners through stunning landscapes with scenic mountain views and a welcoming small-town vibe.

Building on record-setting momentum, nearly 1,700 participants are expected to cross the finish line, reinforcing its standing as one of the three largest marathons in the state.

As a Boston Marathon qualifier, the course offers an excellent opportunity for runners chasing their next big goal. Hammer Nutrition will be on-site, providing fuel to keep participants energized and performing at their best.

<https://www.whitefishmarathon.com/>



The Koocanusa Scramble

EUREKA, MT | Jul 11th

GRAVEL RIDE

Hop in the saddle—or lace up your sneakers—and tour the Salish Mountains. The Koocanusa Scramble is a one-of-a-kind day-long Montana event featuring a gravel ride (with 3 options), as well as a 5-mile family walk or ride option.

Each course comes complete with incredible views of the Salish Mountains, the Canadian Rockies and Lake Koocanusa, and more. It's also an opportunity to challenge yourself, find adventure, and have a ton of fun. This event is fully stocked and supported with aid stations, medical personnel, and, quite possibly, cupcakes. Come for the Ride and Stay for the Music!

<https://runsignup.com/Race/Register?raceId=195161>



NEW EVENT!

Swift Foot Trail Runs

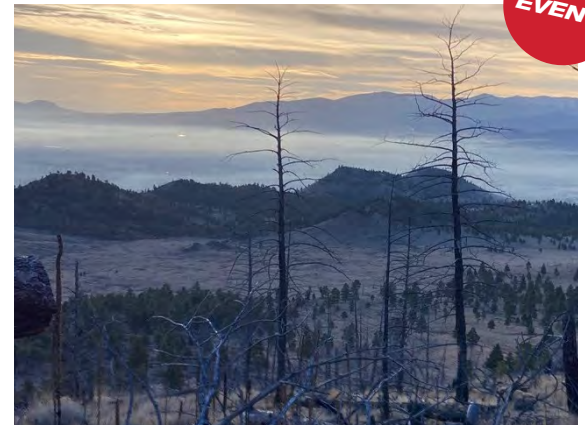
HELENA, MT | Jun 23rd

ULTRA

Explore the only trail running event in the Scratchgravel hills just northwest of Helena, MT! These hills get great sun exposure which help for early trail access in the spring. Trail terrain is a mixture of technical rocky trails, smooth single track and old jeep roads.

Come enjoy the expansive views and beautiful trails of the Scratchgravel Hills of Helena, MT!

<https://ultrasignup.com/register.aspx?did=136552>



NEW EVENT!

Run the Rim

ARNOLD, CA | May 31

ULTRA

Join us for the 2026 Run the Rim on Sunday, May 31 at White Pines Lake in Arnold, CA! Choose from a 22-mile trail run, Half Marathon, or 10K along the stunning Arnold Rim Trail, featuring scenic forest views and breathtaking vistas. Your participation supports the Arnold Rim Trail Association's efforts to preserve and maintain this beautiful trail system. Register today for an unforgettable trail running experience!

<https://arnoldrimtrail.org/runtherim/>



NEW EVENT!

EVENTS



LOCAL EVENTS

EVENTS HERE IN MONTANA!

We are proud to partner with many local events here in beautiful Montana! You will find us onsite or well represented at the following events this spring:

GET LOST GRAVEL

08/02 | Gravel Race
Hamilton, MT

THE WHITEFISH MARATHON

05/16 | Road Run
Whitefish, MT

BOZEMAN TRIATHLON

06/21 | Triathlon
Bozeman, MT

KOOCANUSA SCRAMBLE

07/11 | Gravel Ride
Eureka, MT

SWIFTFOOT TRAIL RUN

06/23 | Ultra
Helena, MT

Above: Thorn Bickel riding the "Hole in the Rock Trail" in Grand Escalante, Utah

UPCOMING EVENTS

COOLEST RIDE AND TIE

06/06 | Equestrian
Lotus, CA

TAKELMA GRAVEL GRINDER

06/27 | Gravel Race
Canyonville, OR

24HRS IN THE ENCHANTED FOREST

07/18 | MTB
McGaffey, NM

DELTA LAKE TRIATHLON

07/18 | Triathlon
Rome, NY

GRAN FONDO ASHEVILLE

07/19 | Road Race
Asheville, NC

TEVIS CUP

08/01 | Equestrian
Auburn, CA

TOUR OF THE CATSKILLS

08/08 | Road Race
Tannersville, NY

MARQUETTE TRAIL 50

08/15 | Ultra
Marquette, MI

LAKE CITY ALPINE 50

08/22 | MTB
Lake City, CO

LOTOJA CLASSIC

09/12 | Road Race
Logan, UT

SPARKS BIGGEST LITTLE ULTRA

08/11 | Ultra
Sparks, NV

Right: Justin Parker cycling at the West Point Military Academy, Highland Falls, NY.

📷 ZANDY MANGOLD

PREMIUM APPAREL THAT WON'T BREAK THE BANK HAMMER APPAREL

[1] Voler Lightweight LS Jersey

Streamlined fit. Lightweight and highly breathable.

[2] Bergamo Leg Warmers

Easy to peel off, perfect for riding/running in various weather conditions. Italian made comfort.

[3] SGX Light Comfort Socks

Lightweight cycling/running sock designed for maximum ventilation and support

[1]

[2]

[3]



HAND CRAFTED IN THE USA & ITALY

HAMMER NUTRITION'S RACE PR KIT

THIS 3-SUPPLEMENT COMBO IS YOUR TICKET
FOR MORE PERSONAL RECORDS!

By Steve Born

You've been training like a maniac and making sure you've recovered thoroughly between workouts (hint: that starts with Recoverite ASAP after every workout). As you near the end of your taper, you know, without question, that you are REALLY fit and ready to confidently take on your upcoming event. In fact, you're convinced that a personal record is well within reach. To make that even more of a reality, you'll definitely want to take advantage of Hammer Nutrition's Race PR Kit!

While each of these products (except for **Race Day Boost**) can and should be used regularly in your training, using them correctly prior to and during race day is the time when you'll see their best benefits revealed. Here's the lowdown on these extraordinary supplements:

RACE DAY BOOST

The key to this product's effectiveness is sodium tribasic phosphate, a compound with a wealth of research behind it that supports its proven positive benefits for athletic performance. Sodium phosphate enhances functioning of all three of the body's ATP-producing energy systems—the ATP-CP system (short-term), the lactic acid system (medium-term), and the oxygen/aerobic system (long-term).

- 1. The ATP-CP (adenosine triphosphate and creatine phosphate) system**
The sodium phosphate in **Race Day Boost** supplies phosphate groups used in the re-synthesis of ATP and CP, thus improving the performance of this short-term energy system.
- 2. The lactic acid system.**
The sodium phosphate in **Race Day Boost** buffers blood acidity and helps maintain a more-ideal acid-alkaline balance by neutralizing excess hydrogen ions within the muscle cell. Effectively buffering excess acidity allows the lactic acid system to provide energy for a longer time.
- 3. The oxygen/aerobic energy system.**
Phosphates form part of a compound found in red blood cells known as 2,3 diphosphoglycerate (2,3-DPG). This molecule helps release oxygen from hemoglobin into the muscle cells. An increase in 2,3-DPG will improve the availability of oxygen to working muscles for the process of creating ATP (energy).

Dosing: Take 4 capsules with food and water 4 times per day (16 capsules daily) for 4 days before a competition.

Important Notes: To assess how your body responds to the product, you will want to do a 3-4-day "test load" 4+ weeks prior to 4-day load for your event. Also, you do not want to use **Race Day Boost** it for every race because this product has a "tolerance factor." Therefore, use it ideally only four to six times per year.

ANTI-FATIGUE CAPS

This unique product supplies two nutrients—potassium/magnesium aspartate and OKG—that help neutralize the negative effects of excess ammonia, a primary culprit in premature fatigue. Information about the ingredients in this unique product:

Potassium/Magnesium Aspartate - A well-known nutritionist says it best regarding aspartic acid: "Because aspartic acid increases stamina, it is good for fatigue and plays a vital role in metabolism. It is good for athletes and helps to protect the liver by aiding in the removal of excess ammonia." Studies (Agersborg and Shaw 1962, Hicks 1964, Gaby 1982) show this combination provides substantial benefit for the prevention of fatigue. Additionally, the potassium/magnesium aspartate compound increases production of a key substrate, oxaloacetate, which is involved in energy production. Lastly, the compound provides the minerals potassium and magnesium to help provide protection against cramping.

OKG - Both ornithine and alpha-ketoglutarate (OKG) provide a readily available, non-ammonia-producing source of glutamine in the body. Glutamine is depleted at high rates during exercise but cannot be replaced with regular glutamine as it produces ammonia on its own. OKG increases the amount of glutamine in the muscle and also helps prevent muscle catabolism. Colgan writes, "Both ornithine and alpha-ketoglutarate act in the body as an ammonia scavenger."

Dosing: 2-4 capsules 30 minutes prior to exercise. During prolonged exercise, take 1-2 capsules hourly.

ENERGY SURGE

This product contains adenosine 5'-triphosphate (ATP), the principal molecule for storing and transferring energy in cells. It is often referred to as the energy currency of the cell. When you take a tablet of **Energy Surge** it supplies a quick-acting dose of pure energy. **Energy Surge** is what I refer to as a "use it when you need it supplement," which simply means that there is no specific dosing protocol that needs to be followed. You can take 1-4 tablets shortly before a workout or race begins and 1-2 tablets every hour during. Another good time to take Energy Surge is shortly before you get to a particularly difficult part on the course... that's a really good time for some quick energy.

Note: To accelerate absorption, chew tablets, but do not swallow. Hold chewed-up tablets in your mouth for 1-5 minutes before swallowing.

Left: Hammer athlete Ray Sanchez running the Rio del Lago 100 Mile outside of Sacramento, CA

BREAKTHROUGH RACE PERFORMANCE RACE PR KIT



SHOP THE RACE PR KIT

This kit powerfully assists you in obtaining that Personal Record (PR) you've trained so hard for.

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Above: Mason Klein ripping down a dune at Dakar Rally in Saudi Arabia

📷 : MASON KLEIN

EN



ENDURANCE NEWS

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PRSRT STD
U.S. POSTAGE
PAID
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Cover: Justin Parker cycling at the West Point Military Academy, Highland Falls, NY.

📷 ZANDY MANGOLD

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