

Fellow Swimmers,

I hope your training is going well! Soon our 37th Annual Swim Around Key West event will be upon us.

Recently, I completed my first full iron distance triathlon. As I was training I received an email from Ashley Meuser. She was searching the Internet for a long distance swim event and came across the Annual Swim Around Key West (12.5 miles). Ashley is now one of our 85 solo entrants preparing to swim on June 8th.

When I told her of my plans to do the first Bone Island Triathlon on January 12, 2013 she told me of Infnit. Infnit is a powder easily mixed in water and it supplies all the nutrients an endurance athlete needs to compete. They can make formulas with protein (typically an endurance bike or endurance swim formula) or without protein (typically a short swim formula, run or short bike ride formula). Each formula is custom blended to interact with your unique body chemistry. You don't need gels, or sports bars, only Infnit. You take one 20-24 oz. bottle each hour of physical activity. It takes the guess work out of nutritional supplementation. I trained with Infnit exclusively and then consumed Infnit exclusively during my Ironman event. I had no cramping, no digestive issues and finished the triathlon in 14:04:1

I plan to use Infnit on June 8th. On the morning of the swim I will give my kayaker six bottles of premixed bike formula Infnit and will consume one full bottle each hour. I will bring no other food for the course. To date I have done 54 career swims around this Island of Key West. Since I usually cover the distance in 5:30-6:00 hours, six bottles should do the job. I have found this product to be simple, uncomplicated and effective.

If you are flying into Key West and want to use Infnit you could take baggies and put two scoops in each baggie, which will be enough for each hour. Bring 2 empty sport bottles (or buy them here) and buy a couple gallons of water here in Key West. Your kayaker can add the powder and the water. (Make sure you have your swim gear in your carry on in case your luggage gets lost!!)

Infnit will now be a sponsor of our event. I am happy to have this company and their product involved in our 37th Annual Swim Around Key West (12.5 miles). If you are looking for a source of solid, reliable nutrition for your swim you may wish to contact Ashley Meuser. There is much more to be found on the Infnit website. Her information is: <http://www.infnitnutrition.us/>

Ashley Meuser, MS
Nutrition Consultant
INFINIT Nutrition
(513)791-3500 ext. 1004
ashley@infnitnutrition.us
<http://www.facebook.com/InfnitNutrition>



Blessings,

Bill Welzien

Organizer

37th Annual Swim Around Key West (12.5 miles)

June 8th, 2013

If you want to learn more about Bill's first full Ironman distance event see the account "The Graduation of Tin Foil Boy" on the swimaroundkeywest web site.