



Win a Triathlon Training Weekend with 6-Time Ironman World Champion Dave Scott and a Case of Master Amino Acid Pattern (MAP)TM

BodyHealth.com and Dave Scott, renowned coach and 6-time Ironman Champion, jointly announce a drawing where one winner will receive a case of Master Amino Acid Pattern (MAP) and a weekend of personalized triathlon training with Dave Scott in his hometown of Boulder, CO. Ten runners-up will each win a bottle of MAP, a TIMEX watch, a pair of LOOK socks, and a Dave Scott Nutritional DVD.

Clearwater, FL ([PRWeb](#)) October 6, 2008 -- BodyHealth.com and Dave Scott, renowned coach and 6-time Ironman Champion, jointly announce a drawing where one winner will receive a case of Master Amino Acid Pattern (MAP) and a weekend of personalized triathlon training with Dave Scott in his hometown of Boulder, CO. Ten runners-up will each win a bottle of MAP, a TIMEX watch, a pair of LOOK socks, a Dave Scott Nutritional DVD.

This drawing is for anyone wanting to take on the challenge of racing in a triathlon and wanting to learn from The Man. Dave will work one-on-one with the winner on each discipline - correcting biomechanics and advising technical changes. He will provide direction on seasonal training cycles, sport-specific strength training, exercises to prevent injuries, peaking for races, improving transition time, tapering, nutrition and being more mentally prepared for your race and more.

The winner of last year's drawing, retired educator and triathlete, Wayne Johannes from Keno, OR enthused "Dave is a super-hero but what surprised me was how very down to earth and approachable he was. I was astounded by his depth of knowledge and his ability to put his training tips across in a simple but very effective way." If you want to follow in Wayne's winning footsteps go to [BodyHealth.com](#) and enter the drawing.

Master Amino Acid Pattern (MAP) is an important aspect of Dave's nutrition regimen. "I've trained a lot of athletes and the one thing triathletes want to know is how to get that extra edge over their competitors." says Dave. "You can imagine their expression when I tell them that it has nothing to do with their competitors but everything to do with how they take care of themselves, mentally and physically. I include MAP in this discussion because it has proven to be an essential part of my training and my health. I don't go a day without it."

Master Amino Acid Pattern (MAP) is a dietary protein substitute that provides a unique pattern of essential amino acids in a highly purified, free, crystalline form. Master Amino Acid Pattern (MAP) is indicated as a safe and effective substitute for dietary proteins. Clinical studies have shown that the use of Master Amino Acid Pattern (MAP) during physical activity, may be a substitute for dietary proteins or protein supplements in a safer and nutritionally more efficient way, to optimize body protein synthesis and provide a faster and more effective muscle recovery after physical activity. It also optimizes muscle mass, strength and endurance.

The winner's package includes the personalized triathlete training program with Dave Scott, a case of MAP, round trip airfare and 3 days/2 nights lodging at The Boulderado, Boulder, Colorado's landmark, four-star luxury hotel. The hotel provides timeless elegance, old world charm and new world services to its guests. The hotel is one block from Boulder's popular Pearl Street Mall for additional weekend entertainment.



The main winner and the 10 runners-up will be announced online on the Dave Scott web site at www.davescottinc.com and at www.bodyhealth.com/drawing on March 12, 2009. The winner will be contacted for scheduling of the 2009 personal training weekend with Dave.

Ways to enter include: signing up for the BodyHealth Newsletter, purchase of MAP, visiting www.BodyHealth.com/MAP or mailing in a 3 X 5 card to BodyHealth. No purchase is necessary to win.

To enter, for more information and rules go to www.BodyHealth.com/drawing or call 877-804-3258.

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