

## Dave Scott Training Weekend Winner Announced

*BodyHealth.com makes its eagerly-awaited announcement of the winner of a personal training weekend with six-time Ironman World Champion, Dave Scott, plus a case of Master Amino Acid Pattern (MAP). Details about Master Amino Acid Pattern (MAP) can be found at [www.BodyHealth.com](http://www.BodyHealth.com)*

Clearwater, FL ([PRWeb](#)) December 26, 2007 -- BodyHealth.com makes its eagerly-awaited announcement of the winner of a personal training weekend with six-time Ironman World Champion, Dave Scott, plus a case of Master Amino Acid Pattern (MAP).

The prize drawing, which launched on August 1 and closed on October 31, attracted more than 10,000 entries and the winner, whose name was randomly selected, is Wayne Johannes from Keno, Oregon.

"I could hardly believe it when I received notification that I had won the training weekend with Dave Scott and the case of Master Amino Acid Pattern (MAP)," said 61 year-old Wayne. "I was in total shock for a while but then it sank in and I was thrilled, especially when Dave sent me a personal note of congratulations. He is such a legend."

A retired educator, Wayne was a teacher/principal for 31 years and has always maintained an active lifestyle, from swimming competitively in college through many different sports and then recently following his son into the world of triathlons. He confesses, "I figured it was something we could do together and so I signed up. Now I'm hooked." He has completed nearly 40 triathlons since retiring in 2000 and has his sights firmly set on Ironman Arizona in April 2008, so his training weekend with Dave Scott couldn't be coming at a better time.

A customized training weekend with Dave offers any athlete a variety of things to train and focus on. As a nationally known expert on endurance sport fitness and nutrition, topics range from what to eat and drink before, during and after your training and racing; how to include dry land strength and stretching exercises to help keep your body strong, balanced and injury free, no matter what the season; how to train for a specific race or triathlon distance race; single sport strategies, video analysis and much, much more.

Looking ahead, Dave says of their training time together, "Wayne and I will be focusing on his upcoming race at IM Arizona, so we will be including many of the services I offer to clients. Since Wayne is arriving from Oregon, we will be introducing him to high-altitude training in what we hope to be a nice dose of Boulder, Colorado sunshine. I'm looking forward to meeting him."

Dave Scott's personal philosophy is that coaching people is more about being a teacher than a coach. Dave combines years of wisdom, wit and creativity to his passion for helping others. Visit Dave's website [www.davescottinc.com](http://www.davescottinc.com) for more information.

Anticipating this great opportunity, Wayne says, "I plan to squeeze as much training and racing information out of Dave as I can and I am also keen to pick his brains on race nutrition. I know Dave is a big advocate of Master Amino Acid Pattern (MAP), a product I use continually. What I like is the high utilization of protein with no fat

and very few calories. I was not disappointed when I started using Master Amino Acid Pattern (MAP) four years ago and have experienced improved recovery from training and a reduction in body fat. The fact that a case of the product is included in my prize is real icing on the cake."

Master Amino Acid Pattern (MAP) is 2 to 5 times more effective and absorbed 4 to 12 times faster than meat, fish soy or whey. Master Amino Acid Pattern (MAP) is 100% absorbed within 23 minutes and is utilized to build body proteins. No other source of protein or amino acid can compare. This unique patented formula of the essential amino acids was created in the exact amounts and pattern-MAP for the human body to optimize endurance and protein recovery and minimize injury.

To receive his prize, Wayne will be traveling to Dave's hometown of Boulder, CO in February 2008 for his weekend and will be staying at the landmark Hotel Boulderado. This four-star luxury 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.

Read Wayne's own personal account of the build-up to his training weekend the results in his monthly report at [www.bodyhealth.com](http://www.bodyhealth.com). And the last word comes from the excited winner who says, "I feel excited and privileged to be spending one-on-one time with a legend like Dave Scott. How better to learn than from an expert in the sport I love. I truly appreciate the opportunity that BodyHealth.com and Dave Scott have provided me."

For more information about Master Amino Acid Pattern (MAP) visit [www.BodyHealth.com](http://www.BodyHealth.com) or call 877-804-3258.

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