



Luis Alvarez, Team BioBuilde™ (MAP®) Member, Keeps Triathlon World Record Racing in Ford Ironman Louisville

Luis Alvarez, Team BioBuilde (MAP) member, crossed the finished line at the inaugural Ford Ironman Louisville race to keep his world record of being the only man to compete in every Ironman venue in the world. Team BioBuilde (MAP) is sponsored by BioBuilde: the Master Amino Acid Pattern (MAP). Learn more at www.BodyHealth.com

Clearwater, FL (PRWeb) September 5, 2007 -- Luis Alvarez, CEO of Grupo Aloymex and Team BioBuilde (MAP) member, was in the early morning crowd of 1560 competitors who hit the Ohio River in the first phase of the Inaugural Louisville Ironman race. Unlike all the other participants, Luis had a unique goal all his own, to keep his Guinness World Record of being the only man to compete in every Ironman venue in the world.

This year, the World Triathlon Corporation featured its newest Ironman event in Louisville, Kentucky. To keep his world record of being the only man who has competed in every Ironman venue in the world, Luis needed to qualify for this race and then to the race and finish it. Finishing it sounds so easy, however it's a monster fete to actually complete the 2.4-mile swim, 112-mile bike and a 26.2-mile run that makes up the Ironman course.

At age 45, Luis finished the event in 65th place overall, an admiral effort when racing against 1559 other triathletes including Pros and age groupers from ages 18 to 74, from 30 countries.

Earlier this year, in May, Luis competed in the Brazil Ironman, taking 2nd place in his category with a time of 10.06.34, qualifying for the IM World Championship to be held at Kona, Hawaii in October.

And amazingly, two weeks after the Louisville Ironman, Luis will race in the Wisconsin Ironman to complete another goal of racing and completing 50 Ironman races.

One may ask how Luis can recover so quickly and race in another Ironman in just two weeks. A vital component to Luis's recovery is BioBuilde (Map) by BodyHealth found at www.BodyHealth.com. "I am on my feet the very next day after a race because I am a regular BioBuilde (MAP) user and I take it during the race (10 tablets before the race, 5 tablets ever 4 hours, 10 tablets after the race and 10 tablets just before going to bed). I hydrate very well and I keep a low heart rate throughout the journey," says Luis. "The morning after my resting heart rate is usually 45 beats per minute and I'm fully recovered thanks to BioBuilde (MAP)."

BioBuilde, the Master Amino Acid Pattern (MAP) is a unique patented formula of the essential amino acids created in the exact amounts and pattern-MAP for the human body to optimize endurance and protein recovery, and to minimize injury.

BioBuilde (MAP) is 2 to 5 times more effective and 4 to 12 times faster absorption than meat, fish, soy or whey. BioBuilde (MAP) is 100% absorbed within 23 minutes and is 99% utilized to build body proteins. No other source of protein or amino acids can compare.

Watch for the results of Ford Wisconsin Ironman to see how Luis fairs and if he completes his 50th Ironman



race.

For more information about Luis and BioBuide (MAP) visit www.BodyHealth.com or call 877-804-3285.

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