

Luis Alvarez, Team BioBuilde (MAP) Member Completes 50th Triathlon in Ford Ironman Wisconsin

Luis Alvarez, Team BioBuilde (MAP) member, completed his 50th triathlon in Ford Ironman Wisconsin, a mere two weeks after retaining 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) found at www.BodyHealth.com

Clearwater, FL (PRWeb) September 17, 2007 -- Luis Alvarez, CEO of Grupo Aloymex and Team BioBuilde (MAP) member, competed against 2209 triathletes, including PROs and Age Groupers from all over the world, to finish in a very creditable 6th place in the 45-49 age group and achieved an impressive overall placing of 103. However, what made his achievement truly remarkable was the fact that only two weeks earlier he had competed in, and finished, the Ironman event in Louisville to keep his World Record of being the only man to compete in every Ironman venue in the world. Luis provides training tips at www.BodyHealth.com

In addition to his impressive placing, Luis also broke his personal record by a remarkable 21 minutes and he is clearly proving to be an inspiration to his fellow countrymen. For the challenging Wisconsin race, Luis brought a team of 350 Mexicans with him, many of whom are also on BioBuilde (MAP) and 100 of whom were rookies. "I wanted to prove that triathlons are something that anyone can try" he said. "This sport has given me a lot and now I want to give something back. It was a real thrill for me to have such a large team of Mexicans with me."

To finish an Ironman course means completing a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run which is, in itself, a grueling challenge of endurance. To be able to move on to another venue and complete the same tough routine only two weeks later would indicate a competitor who is very in-tune with his body and its nutritional requirements.

Luis credits BioBuilde (MAP) by BodyHealth as a key component of his training regime and of the main reasons he can compete in this physically demanding sport with such regularity. "As soon as I finished Ironman Louisville, I started taking 10 BioBuilde (MAP) pills every day for 15 days. As a result, my muscles recovered 100% and I was completely ready for Wisconsin. During the race, I could not believe I was able to maintain 110% of my capacity all the time. BioBuilde (MAP) was like candy to my muscles!"

In addition to BioBuilde (MAP), Luis reveals some of his other training secrets; a program of regular massage, eating well and lots of sleep between competitions.

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 minimize injury.

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



Characteristically, Luis is already looking forward to his next competition which is the much-anticipated Ford Ironman World Championship in Kona, Hawaii on October 13 for which he has already qualified for twice this year. And just for good measure, he will be seeking to retain his World Record by competing in the inaugural Ironman in China in April 2008.

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

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