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## elete Athlete Profile: Gardie Jackson, Road Racing Cyclist and Trainer



**G**ardie Jackson is an accomplished road-racing cyclist and professional athletic trainer from Park City, UT. He is also one of the first elite professional athletes **elete Electrolyte Add-In™** first began working with and sponsoring nearly five years ago when **elete** was first launched. Five years later, Gardie is still an enthusiastic proponent of **elete** and the benefits it offers to athletes and non-athletes alike. Gardie lives and trains in Park City, UT while working full time at Elevation, an athletic performance and training center with "Who's Who" list of elite athlete clientele. He has been a strength and conditioning coach for 12 years with certifications in numerous nationally recognized fitness methodologies (IFPA, USAW, FMW, and Reebok).

This year, following several high-profile cases of vehicle-cycling casualties and injuries in Utah, Gardie has been visiting schools educating students and others about cycling safety and keeping roads safe for Utah cyclists. Gardie's enthusiasm and zest for life is infectious. In this interview with **elete**, Gardie talks about his accomplishments, future plans for 2010 and **elete Electrolyte Add-In**.

### **How long have you been racing?**

"I have been racing for 20 years (this month, actually). I love the excitement of competition and pushing myself to new limits each season."

### **What are some of the recent awards you've received/current ranking?**

"In 2003, I was ranked number 3 in the country for stage racing for amateurs. I have participated in the Olympic Trials and placed 15th. I have a specialty in Time Trialing, and I have been on the podium several times at National Championships."

### **What are your plans and goals for 2009?**

"My plans and goals for this year are more simple: Create more bicycle safety awareness in Utah by speaking at elementary and middle schools on the importance of rules of the road, helmet safety, and bicycle control. I also want to help develop several talented juniors in the Park City area in racing and training."

### **Describe your average day. What is your typical training regimen?**

"My average day is usually divided between training athletes here in PC [Park City] and training myself. I can't sleep if I haven't trained at least 1-2 hours of strength, cardio, and flexibility."

### **What are the indispensable items or strategies you've found are key in giving you the edge over the cyclists?**

"Typically, we talk about three factors in Road Racing. First is the competition (we always check out what we are up against and make team plans to succeed.). Second, we are concerned with how the weather can affect our race; and third, we always have to do course

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inspection to determine where it may be dangerous and where we may want to attack.”

**What is the biggest factor in terms of winning a match? Likewise, what are the biggest obstacles?**

“Nutrition is a underestimated source of success and failure when it comes to athletic training. I am a big believer in eating all-natural foods (no man-made processed stuff or anything with a UPC label for that matter). I spend all my money at the grocery store in the produce and lean meats departments and that means no middle aisles of the store.”

**Interesting or little-known fact others may not know about you?**

“I love sushi and techno dance music.”

**What is your personal philosophy?**

“Be honest and treat people as you would have them treat you. Simple, yet often forgotten.”

**How did you come across elete Electrolyte Add-In?**

“I found **elete** through the Logan Race Club and was instantly a fan. It now puts water to work for you.”

**Describe some of the specific benefits you’ve noticed using elete.**

“I used to cramp up during long races but have found real value in **elete** so that I feel hydrated long after the other guys are ‘seizing up.’ I recommend it to anyone who is serious about their hard-earned time in training. New users: Be prepared to go harder and longer than ever before. Believe me!!” ■