



elete Athlete Profile: Micah Huss, Cross-Country Snowmobile Racer



Micah Huss, age 34, was raised in Kotzebue, Alaska, a small Eskimo community 33 miles above the Arctic Circle with a population of 3,000 people—very remote and accessible only by airplane. In his family, Micah is the third in line, and the eldest son of six kids. He has three sisters and two brothers. Micah graduated from Kotzebue High School and briefly attended the University of Alaska Fairbanks.

He is currently a heavy equipment operator for Northland Services in Anchorage, Alaska. He operates a 80-ton forklift off loading and loading freight barges. Micah's interests include hunting, camping, flying, being with family and friends, and, of course, racing of all kinds.

How long have you been involved in racing?

"I first got involved in the late 1980s watching friends race. I started hanging around the shops and cleaning their "sleds." Eventually I started wrenching and building snowmobiles for people until I was old enough to race. Rules stated that you had to be 18 to race. I started racing in 1993 and have been active in the sport for 18 years."

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

"In 2009, 5th place, Kotzebue Race, 220 miles. In 2008, 2nd place, Dillingham Race, 150 miles. Many 1st through 3rd podiums throughout my career."

What are your plans and goals for 2010?

"My plans are to race all cross-country, ice ovals and the 'Iron Dog.' My goals are to win everything or at least get on the podium."

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

"My daily schedule consists of waking up at 2:30 a.m. getting to the gym at 3 a.m., and working out until 6:30 a.m., seven days a week! Plus working full time and family time. Very busy!!!!"

In terms of nutrition, what are the indispensable items or strategies you've found are key in giving you the edge over the other athletes?

"Eat lot of fruits and veggies, try to minimize my fat intake, eat right and live right!"

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

"Conditioning and taking care of your body. Keeping your mind from getting lazy. Oh, and breaking bones! I have broken 35 bones including two fractures in my back, a cracked neck, shattered shoulder, ribs, fingers, ankles, feet. I am a miracle! But I ache every day its cold! I live in Alaska.....and that's every day."

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

"I am a very fair person and will do just about anything to help somebody that needs it."



What is your personal philosophy?

"Treat people the way you want to be treated. The world would be a better place if people would live by this simple plan."

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

"I tried it after eating at a healthy establishment."

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

"My recovery time is faster, and I don't cramp up. In cross-country racing, you don't have time to eat or rest, so it's extremely important to get all the nutrients you can while in the pits getting fuel for your snowmobile. **elete Electrolyte Add-In™** has proven to be the best product I've tried. No crash and my body feels great after the races."

For the average person who participates in mild to moderate fitness activity, what would you tell them about elete?

"Try it and reap in the benefits!" ■



Above: Micah pictured on his 2003 Speedwerx ZR 1000 snowmobile during the 2006 Night Riders race in Kotzebue.